



Sicklinghall Community Primary School
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Dear Parents and Carers

As part of our PHSE (Personal, health and social education), we are planning to deliver an information session on the issues surrounding puberty, sex and relationships next week. This session forms part of a programme of provision for year 5s and year 6s which focuses on our bodies, how they change during adolescence and how to look after ourselves as we grow up.

This session will be delivered by school staff. The pupils will spend a morning session watching video clips and then asking questions about and discussing what they have seen.

The resource, which is being recommended by North Yorkshire County Council for use in all LA schools, can be found at: https://www.healthpromotion.ie/health/inner/busy_bodies

We intend to show all the pupils (boys and girls) the clips together. Year 5 will watch all videos with Year 6 except 'How Babies are Made'. This video will be shown to Year 6 only. We feel this is important to reinforce their understanding of one another and how each other will grow and change. Using prompt cards, the boys will have an opportunity to reflect and discuss these clips, separately with Mr Shillito. The girls will be separately given guidance with the practicalities of how their bodies will change.

We would strongly encourage all parents / carers to watch all the video clips in advance of the session to enable you to ask us any questions that may arise and fully understand the content of what is being delivered to your child.

We feel that in our delivery we should focus on:

- The importance of being in a long term, loving relationship before entering into any type of sexual relationship.
- That changes to your body happen at different times and this is all completely normal.
- That if anything you experience is worrying, physically or emotionally, you should immediately speak to an adult you trust.

We feel it is essential for all of our pupils to receive accurate information surrounding these issues in a familiar environment delivered by someone they know and trust. However, as outlined in our school policy, parents have a right to withdraw their child as this is not yet a part of the statutory national curriculum. Should you feel strongly that you do not want your child to receive any part of this provision, please speak directly to Miss Copperthwaite.

Yours sincerely

Matt Shillito
Headteacher

