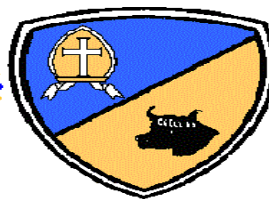


ST. LUKE'S CHURCH OF ENGLAND PRIMARY SCHOOL



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Headteacher: Mr S Hardaker e-mail enquiries@admin.saintlukes.wigan.sch.uk

04 October 2021

Dear Parent/Carer,

Year 5 PSHE and Relationships Programme

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through Personal, Social and Health Education (PSHE). This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On **Wednesday 6 October** we will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) into our school to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Year 5. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. The design of the programme has taken into account the requirements of statutory guidance, up-to-date best practice guidance, and the needs of our children.

You and your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their session and you are very welcome to ask us about the resources that will be used.

The workshops will be led by an experienced, trained CLE educator and will focus on body changes, reproduction and keeping safe. **They will be taught in same sex groups.** Your child will be exploring these themes through examining the following questions:

- Who can I talk to if I feel uncomfortable or if someone isn't respecting my personal boundaries?
- What is personal and private information?
- What kind of physical contact is unacceptable and how should I respond?
- How will my body and emotions change as they approach and move through puberty?
- How male and female bodies change
- How do I feel about growing up and changing?
- Labelling reproductive organs
- What do I do if someone wants me to do something I know is wrong or makes me feel uncomfortable?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that arise from the children during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and tailored to suit our children's needs.

We recognise that parents play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well. If further advice or support is required, please do not hesitate to speak to your child's class teacher or Mr Hardaker.

Yours Sincerely,

Mrs H Beechey

PSHE Subject Leader

