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## ***'Placing learning at the heart of everything we do'***

### **RE: Term 6 PSHE Curriculum Yr.1 - 'Relationships and Sex Education'**

Dear Parents/Carers,

During term 6, the teachers will be teaching the 'Sex and Relationships Education' aspect of the curriculum, as appropriate to their year group.

#### **What is Sex and Relationship Education?**

Sex and Relationship education is about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. We use the 'Changing me' unit to support this work.

The Year 1 curriculum for 'Relationships and Sex Education' consists of:

- 1. Gender differences** – the children learn the scientific names external body parts and to know the key differences between males and females.
- 2. Relationships** – we discuss different relationships such as child/parent, brother/sister, husband/wife. We learn how relationships change over time.
- 3. Communication** – we teach the children how to express their feelings in positive ways, and how to stay safe.

As with all lessons, we teach sex and relationships education in a fun, interesting and safe way. We will be using, 'Changing me' curriculum to support our teaching. This involves teaching the children the scientific language for male and female body parts.

If you have any concerns, worries, or any questions, please don't hesitate to email [ask@priestley.wilts.sch.uk](mailto:ask@priestley.wilts.sch.uk) and this will be passed to the class teacher. Parents have the right to withdraw their children from Sex Education lessons, but not Health and Relationships Education. However, we hope that you will see the benefit of them learning about their bodies in class. This also supports our safeguarding policy.

#### **Sex and relationship education has three main elements.**

##### **1. Attitudes and values:**

- ❖ learning the importance of values and moral considerations
- ❖ learning the value of family life, marriage and stable relationships
- ❖ learning the value of love, respect and care

##### **2. Personal and social skills:**

- ❖ learning to manage emotions and relationships confidently and sensitively
- ❖ developing empathy and self-respect
- ❖ learning to make choices without prejudice
- ❖ appreciating the consequences of choices made
- ❖ managing conflict
- ❖ recognising and avoiding exploitation and abuse

##### **3. Knowledge and understanding:**

- ❖ learning about and understanding physical development (life cycles of animals and humans)

**'Relationships are central to our lives. As well as helping keep children safe, quality Sex and Relationship Education has proven to support children's mental and physical health. It also has an impact on academic attainment.'** - (Jon Baggaley, Chief Executive of the PSHE Association.)

Yours sincerely

*A Marsh-Ballard*