



ST MICHAEL & ALL ANGELS C. E. (FOUNDATION) PRIMARY AND PRE-SCHOOL

Respect. Resilience. Responsibility. Confidence. Co-operation. Compassion.

7 October 2025

Dear Year 6 Families

Relationship and Sex Education

I am writing to inform you that this term your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE). During this, we will cover the following objectives:

- Physical and biological changes that happen during puberty
- Personal hygiene during puberty
- How and why emotions may change during puberty
- Managing change — new roles and responsibilities as we grow up
- What constitutes a positive, healthy relationship
- That relationships can change over time
- Adult relationships and the human life cycle
- Human reproduction (how a baby is made and how it grows)

Here is a [link to a video](#) that we will be showing during the lessons: this explains consent through the metaphor of tea to make it easier to understand.

Pupils will also have opportunities to ask questions. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

As a part of your child's education at St Michael and All Angels, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

If you would like to find out more, discuss any concerns or opt out of the Sex Education, please contact me via the school office by Monday 13th October. You may also want to read our [RSHE booklet](#) which can be found on the school website in the curriculum area.

Yours faithfully

Mr Barker

Year 6 Teacher

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