

**Nutfield Church (C of E) Primary School**

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**Headteacher: Miss Imogen Woods – BEd Hons (Oxon)  
Deputy Headteacher: Mrs Anna Benjamin – BA PGCE**

30th June 2023

Dear Parents and Carers,

As part of Relationships Education, Relationships and Sex Education (RSE) and Health Education we hold annual, 'Relationship and Sex' lessons, where we teach the children about a range of aspects including living, growing, relationships and family. We refer to these lessons to the children as 'Relationship Lessons'. These lessons will take place in the week of 3<sup>rd</sup> – 7<sup>th</sup> July. We follow the Discovery Education scheme of work. We feel this focuses on suitable content which progresses well through the year groups at an age appropriate level. Lessons are delivered in class by your child's class teacher.

Year	Unit	Learning Outcomes
YR	Our Lives	Consider routines and patterns of a typical day. Understand why keeping clean is important. Recognise that all families are different. <i>(This material will be taken from the Christopher Winter Scheme of Work)</i>
Y1	Growing and changing Amazing bodies	Growing from young to old and how we have changed since we were born. Our bodies and the amazing things they can do. Learning the correct names for different body parts.
Y2	Growing up and setting goals	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.
Y3	Coping with feelings when things change	Coping with feelings around the changes in our life.
Y4	Puberty and hygiene	How our bodies change as we enter puberty, including hygiene needs and menstruation.
Y5	Puberty and emotions	How puberty changes can effect our emotions and ways to manage this.
Y6	Starting a family (sex education)	Human reproduction including different ways to start a family.

If you have any questions please do speak to your child's class teacher.

Kind regards,

Imogen Woods  
Headteacher