



ARNOLD ACADEMY

Hexton Road, Barton-le-Clay, Bedford, MK45 4JZ Tel: 01582 616400
Email: admin@arnoldacademy.org.uk Website: www.arnoldacademy.org.uk

Headteacher: Peter Roberts

'The best we can be in all that we do'



24th April 2023

Dear Parents and Carers,

KS2 Relationships and Sex Education (RSE) – summer term

Personal, Social, Health and Economic (PSHE) lessons are taught to all pupils at Arnold Academy. During PSHE lessons in the summer term, pupils in Years 5 & 6 will have RSE lessons and will learn the following:

Year 5

Relationships:

- **Friendship:** explore what makes a healthy friendship, strategies to positively resolve disputes and reconcile differences in friendships and when and how to seek support in relation to friendships.

Sex Education

- **Time to change:** some of the physical changes experienced during puberty e.g. menstruation and wet dreams
- **Physical hygiene:** recognising the importance of personal hygiene during puberty
- **Emotions and feelings:** exploring some of the emotional changes that take place during puberty; learning how to get appropriate help, advice and support about puberty.

Year 6

Relationships:

- **Positive healthy relationships:** consider different kinds of relationships and the values, expectations and responsibilities within healthy, positive relationships.
- **Consent:** explore the meaning of consent and how to seek and give/not give permission in different situations.
- **Keeping safe online:** explore strategies for keeping safe online; how to manage requests for images of themselves or others; what is and is not appropriate to ask for or to share.
- **How babies are made:** reflect on the values and responsibilities within healthy adult relationships and understand the decision to have a baby is something for when they are much older.

Sex Education:

- **Puberty: recap and review:** consolidate previous learning and understanding about puberty
- **Puberty: change and becoming independent:** extend thinking about puberty and the concept of change throughout their lives. It explores some of the feeling associated with change.





ARNOLD ACADEMY

Hexton Road, Barton-le-Clay, Bedford, MK45 4JZ Tel: 01582 616400
Email: admin@arnoldacademy.org.uk Website: www.arnoldacademy.org.uk

Headteacher: Peter Roberts

'The best we can be in all that we do'



We use lesson plans from the Medway Public Health Directorate RSE schemes of work and these are PSHE Association quality marked. There are example lesson plans in the Curriculum overview section for PSHE on the school website: [Arnold Academy - Curriculum Overview](#).

The RSE Policy can be found here

https://www.arnoldacademy.org.uk/documents/%5B840348%5DArnold_Academy_RSE_Policy.pdf

The policy contains information for parents/carers who may wish to withdraw their children from sex education lesson where puberty is covered. Please complete Appendix 3 and return to Miss Wright, KS2 Lead: awright@arnoldacademy.org.uk to ensure that your wishes are understood.

We will be covering the topic of RSE at our parent forum on 3rd May at 5.30pm.

In the meantime, if you would like further information or have any questions, please do get in touch.

Your sincerely

Alison Boston
Deputy Head

