



John Clifford School
Beeston
Nottingham
NG9 2AT
Telephone: 0115 9258057
Email: office@johnclifford.school
Headteacher: Hannah Roberts

3rd June 2026

[FAO Years 4, 5 and 6](#)

Sex and Relationships Education (SRE) Letter

Dear Parents and Carers,

Throughout school, we have covered a range of different PSHE topics over the year. During the final half term of the school year, the whole school topic will be 'Health and Wellbeing', focusing on our bodies and minds. As a part of this, children in Years 4, 5 and 6 will be taught the 'Sex and Relationships Education' curriculum during the weeks commencing 15th June and 22nd June 2026. We aim to ensure that your child is provided with the knowledge and awareness around this topic, using age-appropriate resources, before they leave primary school, as outlined in the National Curriculum.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf

What do the children learn?

- In Year 4, the children will learn about the changes that may begin to happen to their bodies.
- In Year 5, the children will learn about puberty and changes that their body will go through as they transition to adulthood. ***Please note: It is part of the statutory Science curriculum to teach children about puberty in Year 5, and so all children will receive this. Boys and girls will be split for these sessions so that children can openly discuss and ask questions. All children will however learn about the changes that both boys and girls go through. There is no element of sex taught about in these lessons.***
- In Year 6, the children will learn about the human reproductive cycle and focus on the importance of healthy relationships.

The lesson objectives can be found at the bottom of this letter. No videos are used in the teaching of Sex Education. The subject is taught using age-appropriate drawings and representations.

Sex Education is not statutory, and parents/carers may choose to withdraw their child. If you have any questions about this curriculum, please do get in touch with your child's Class Teacher or Mrs Roberts, who will be able to support you with any queries.



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If you wish to withdraw your child from SRE lessons, withdrawal must be made in writing to Mrs. Roberts before no later than 9am Monday 15th June. This can be handwritten or typed, and either handed to the School Office or emailed to Hannah.Roberts@johnclifford.school.

We truly feel that these lessons are beneficial to all children as they begin to develop into young adults and feel that an honest and open approach to the vocabulary that will be covered will support them in feeling confident in asking questions and gaining a clear understanding of the changes that they will be or are going to go through.

Yours sincerely

Mrs. Hannah Roberts

Headteacher



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Sex and Relationships Education Learning Objectives WC 15.06.26					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Vocabulary
Y4	<p>Title Growing and Changing</p> <p>Learning Outcome Describe the main stages of the human lifecycle and describe the changes that happen when a child grows up.</p>	<p>Title What is Puberty?</p> <p>Learning Outcome Discuss male and female body parts using agreed words and know some of the changes which happen to the body during puberty.</p>			Puberty, lifecycle, reproduction, physical, breasts, pubic hair, emotional, feelings.
Y5	<p>Title Male and Female Changes (Statutory Science)</p> <p>Learning Outcome Understand how puberty affects the reproductive system and describe how to manage physical and emotional changes.</p>	<p>Title Puberty and Hygiene</p> <p>Learning Outcome Explain how to keep clean in puberty. Explain how emotions change during puberty.</p>			Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, moon cups, reusable pads, period pants, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair.
Y6	<p>Title Puberty and Reproduction</p> <p>Learning Outcome Describe how and why the body changes during puberty in preparations for reproduction.</p>	<p>Title Understanding Relationships</p> <p>Learning Outcome Discuss different types of adult relationships with confidence and know what form of touching is appropriate.</p>	<p>Title Conception and Pregnancy</p> <p>Learning Outcome Describe the decisions that have to be made before having a baby. Know some basic facts about pregnancy and conception.</p>	<p>Title Communicating in Relationships</p> <p>Learning Outcome Understand when it is appropriate to share personal information in a relationship. To know how and where to get support if an online relationship goes wrong.</p>	Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal information, internet safety