

Headteacher Mr M Cunniffe

## ' Relationship and Health Education' Summer Term 2024

Dear Parents,

As part of our Personal, Social, Health and Economic (PSHE) curriculum, next half term (Summer 2), we will be teaching our 'Relationship and Health Education' (RHE) topic. Relationship and Health Education is statutory and forms a part of PSHE subject. All schools in England are required to teach RHE in primary schools and the 'Department for Education' recommends that schools consider teaching Sex Education.

To support the delivery of PSHE and RHE, our school has adopted a quality-assured programme called 1decision which has been kitemarked by the PSHE Association - the UK's governing body for the subject area. The 1decision resources have been created by PSHE and Safeguarding experts, together with schools, and most importantly children.

Parents and Carers **do not** have the right to withdraw their children from lessons that cover the statutory Health and Relationship objectives (this includes puberty lessons) and lessons that cover national curriculum science objectives, including content on human development and reproduction. As a part of our curriculum our school chooses to deliver the Sex Education element. This content is delivered in year 6 and is taught through 1decision's conception topic. Parents and carers can choose to withdraw their child from this unit.

To assist you in your decision, we want to assure you that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive information based on facts, rather than hearing content second-hand or via online platforms.

To find out more about our chosen provider, we would like to signpost you to their Parent/Carer zone on the 1decision website where you can review the following:


- What is 1decision?
- How will my child's school use the 1decision resources?
- What themes do 1decision cover?
- 1decision content overview (including examples of their puberty and conception animations)
- Examples of 1decision Early Years content
- Understanding RSHE document
- Free home activities and much more!

Parent/carers Zone: <https://www.1decision.co.uk/resources/parent-carer-zone>



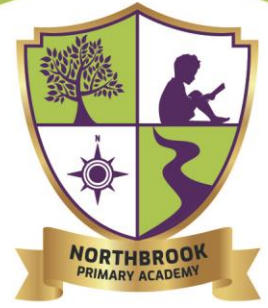
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We hope you will take the time to review this information. Following this, if you would like to withdraw your child from the conception unit, please contact the school through the enquiry email at [enquiries@northbrookpa.org](mailto:enquiries@northbrookpa.org) with the subject "RSE withdrawal request" and outline your concerns and request for withdrawal in writing.

Along with this letter, you will also have received a knowledge organiser for your child's year group. This document highlights the key learning and vocabulary for their RHE topic. If you have any further queries about the content or delivery of these units for your child, please do not hesitate to contact us at school.

Kindest regards,


*M Cunniffe*

Mr M Cunniffe (Headteacher)



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# Idedcision PSHE Knowledge Organiser

Module: Growing and Changing  
Topic: Puberty and Adults' & Children's Views



Year  
5

## Key Facts

- When you go through puberty, you will experience physical and emotional changes
- There is a normal range of emotions (e.g. *happiness, sadness, anger, fear, surprise, nervousness*) and scale of emotions that all humans experience in relation to different experiences and situations
- There is advice available and steps we can take to support menstrual wellbeing

## By the end of these topics, I should:

- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

## Ask me a question!

- What does the brain release in order for puberty to begin?
- What changes do females and males go through during puberty?
- How long do periods normally last?
- What coping strategies can help us through puberty?

## I will learn the following new words/phrases:

Puberty	When a child matures physically and the reproductive system becomes active.
Hormone	A chemical substance made in the body, which controls the activity of other cells and organs.
Anonymous question	When someone asks a question without revealing their name or identity.
Vagina	A canal that leads from the female uterus to the outside of the body.
Vulva	External female genitalia that surround the opening to the vagina.
Ovaries	A reproductive organ where eggs are produced.
Fallopian tube	The tube where the female egg travels to the womb (uterus).
Penis	A male organ which urine and sperm pass.
Testicles	Two male sex glands where sperm is produced.
Bladder	An organ inside the body where urine is stored.