



**Nyland School**

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Dear Parents and Carers,

At Nyland, we believe that promoting mental well-being in a safe environment is paramount to the development of pupils at the school. We aim to achieve this through a bespoke PSHE (Personal, Social and Health Education) curriculum focused on meeting the needs of our pupils. Part of our curriculum is Relationship and Sex Education (RSE). We will be teaching lessons about RSE, over the next two weeks, starting (Insert Date.)

RSE lessons are taught to those in year 5 and 6 and will include teaching about healthy relationships; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. Pupils will also have opportunities to ask questions.

By teaching these subjects in school, we can avoid having pupils coming across misguided information from the internet or peers and promote self-awareness of their own bodies.

Parents/carers have the right to opt pupils out of RSE lessons except those parts required in the National Curriculum. Parents/carers wishing to exercise this right can contact the Principal or the PSHE lead, (Mrs Wright), to discuss concerns and the impact this may have. Once a pupil has been withdrawn, they can only take part in RSE lessons again once the withdrawal has been removed. We are happy to answer any queries about the RSE curriculum, as well as support parents who wish to teach RSE at home.

I have included with this letter a copy of our resources so that you might view the materials and resources being used in lessons and consider how you can best support your child and have an opportunity to discuss these topics at home.

As a school community, we are committed to working in partnership with parents and guardians. If you would like to find out more, please do not hesitate to email me.

Kind Regards

Class Teacher

