

St Matthias Church of England Primary School

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Executive Principal: Sian Davies • **Headteacher:** Lucy Blewett



Tuesday 10th June 2025

Dear parents and carers,

We believe that promoting the health and wellbeing of our pupils is an important part of their education and some of this is done through our PSHE (Personal, Social, Health Education) and RSE (Relationships and Sex Education) lessons. The aim of this curriculum is to help pupils make safe and informed decisions during their school years and beyond.

Relationships and health education is the statutory element of the national curriculum and all schools in England are required to teach this in primary schools (with the recommendation from the Department for Education to teach about conception and birth).

Next half term, we will be teaching a unit called 'Changing Me' across the school, with one lesson in **Year 4 about Girls and Puberty** and one lesson in **Year 6 about conception, including IVF**.

Pupils can be withdrawn from these two lessons; however, we stress that it is recommended by the Department for Education that pupils are taught about conception in Y6. It is also important to note that in Y5, it is compulsory to teach about puberty as part of the science curriculum. Everything taught will be done so with appropriate ages and stages in mind. Lessons will also be taught by the class teacher in a safe environment, where pupils can ask questions and receive factual information. The lessons are also carefully planned to ensure our pupils can navigate the world around them safely.

An uninformed child is often a child left vulnerable and we want to empower our pupils here at St Matthias.

If you would like to withdraw your child from either of these lessons, please contact the school so we can discuss it further.

If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through on our school website should you so wish.

Many thanks,

Miss Frohock
Deputy Headteacher