

28<sup>th</sup> April 2025

Dear Parents/Carers,

As part of our PSHE curriculum, we have a statutory responsibility to educate the children about ourselves and how our bodies change. During this summer term, from Year Reception - Year 6, some of our PSHE lessons will be focused around these topics.

Below is a breakdown of **some of the lessons** within the Changing Me unit, which covers puberty and some elements of Sex Education.

Year groups	Lesson content	Parent information
Reception	Some of the lessons will include: learning about eating healthy foods, understanding that we all grow from babies to adults and learning to name body parts.	This is not sex education and parents cannot opt out.
Year 1 - 3	Some of our lessons will include naming body parts including private parts. As well as an awareness around keeping themselves safe.	This is not sex education and parents cannot opt out.
Year 4	Outside body changes, inside body changes.	This is not sex education and parents cannot opt out.
Year 5	Lesson 2: How girl's bodies change during puberty. Lesson 3: How boys change during puberty. Lesson 4: Conception, fertility treatment, IVF. Understand that sexual intercourse can lead to conception and this is how babies are made. (Non- statutory)	If parents wish to opt out of the non-statutory lessons, they will need to write a letter to the head teacher. Please remember that the science curriculum which covers mammals and their babies, including humans is statutory and parents cannot opt out.
Year 6	Lesson 2: Boys and girls body changes during puberty. Looking after myself physically and emotionally. Lesson 3: How a baby develops from conception to birth (Non statutory)	

From Year 4 -6, as children become more aware of their bodies, teachers will consider teaching some lessons to boys and girl separately, particularly when there will be issues aimed specifically at themselves e.g. puberty including male and female body parts.

We would like to invite parents to come and see the teaching materials we will be using to support children with their learning, and to answer any questions you may have.

We are holding a meeting in the school hall.

Date of the meeting: Thursday 8<sup>th</sup> May 2025

Time of the meeting: 9am

Venue: School Hall, Enfield Heights Academy