



Emmanuel CE Middle School

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8th May 2026

Dear Parents/Carers,

Pupils in Years 5 and 6 will be starting lessons about Relationship and Sex Education within their Wellbeing curriculum after half term. These lessons are very much geared to each year group, to ensure that every child is being provided with the appropriate knowledge and understanding required. It is the aim of the Government and the Local Authority to ensure that children are well versed with this area of their education. It is felt, through evidence, that those children who have a greater understanding can make positive choices in the future.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across Initio Learning Trust, using guidance from the National Curriculum, Ofsted and the PSHE Association. All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

Please find below a brief outline of the lesson content.

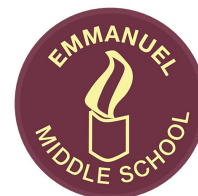
Year 5: Relationships

This unit will cover three main themes: relationships, puberty and looking after themselves. Your child will learn about different types of relationships, the difference and similarities between males and females and the changes that will happen to their bodies during puberty. They will also understand how to look after their physical, mental and emotional health as they go through puberty.

Year 6: Relationships

This unit will cover the themes of healthy relationships, the link between puberty, sexual intercourse and a baby and committed and loving relationships. Your child will learn about the importance for respect within a healthy relationship and understand what is meant by a committed, loving relationship. They will also learn about age restrictions for sexual intercourse and how a baby depends on an adult emotionally and financially in order to meet its basic needs.





Year 7: Health and Puberty

How to manage physical and emotional changes during puberty, this will revise year 6 work on relationships. It will also include how to manage mental health.

Also, to learn how to make independent, informed decisions about maintaining physical health, looking at diet, exercise and dental health.

Year 8: Identity and Relationships

Topics covered are:

Contraception

To know that harmful practices (such as FGM and forced marriage) are in contradiction with human rights.

To know that harmful practices (such as FGM and forced marriage) are against British law (illegal).

To understand personal and sexual identity

The risks of 'sexting' and how to manage requests or pressure to send an image. (Revision from Internet Safety work).

We would like to invite you to an information workshop with Mrs Robertson who leads the Wellbeing (PSHE). She will cover Relationship lessons in more detail and will be able to share resources that will be used in both KS2 and KS3 lessons. The workshop will take place on Tuesday 19th May at 4.30pm-5.30pm. Please can you complete this [Google Form](#) indicating whether you will be attending this meeting.

Parents can withdraw their child from all or part of the RSE programme that does not form part of the statutory National Curriculum. If you wish to withdraw your child, please write a letter to your child's Wellbeing teacher before the programme starts.

For further information, please read the RSE policy found on the school website.

Yours faithfully,

Mrs Robertson
Head of Wellbeing