

Colmers Farm Primary School

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Monday 19th April 2021

Dear Parents and Carers,

This year during the summer term, children will receive sex and health education lessons. Thank you to everybody who took part in the consultation for these lessons back in January/February this year. We are a listening school and we always welcome your views. At Colmers Farm, sex and health education begins in year one and continues throughout the school. We believe that this element of the curriculum is **vital** in preparing our children for the future.

Parents do have the right to withdraw their child from sex and health education lessons. If you wish to withdraw your child, please let the school know by no later than **Friday 30th April 2021**.

Below is an outline of the sex and health education lessons that will be taught in each year group.

Year 1 sex and health education lessons summary:

There are approximately 3 lessons. Here is a summary of what the children will be learning-

1. Children will learn about the basic principles of hygiene and how to look after themselves and keep their bodies clean.
2. Children will be introduced to the concept of growing and changing (that babies grow into toddlers, children and then finally adults).
3. The final lesson looks at different types of families and knowing who we can ask for help when we need it.

Year 2 sex and health education lessons summary:

There are approximately 3 lessons. Here is a summary of what the children will be learning-

1. The first lesson begins with children discussing the ways boys and girls can be the same and different. Children will explore the idea that some people have preconceived ideas about boys and girls for example that boys like blue and girls like pink.
2. Children will be introduced to the idea that making a new life requires both a male and female.
3. The final lesson focuses on the physical differences between boys and girls including the sexual difference.



Year 3 sex and health education lessons summary:

There are approximately 3 lessons. Here is a summary of what the children will be learning-

1. The first lesson begins with children discussing what the terms male and female mean and identifying the differences and similarities between males and females.
2. This then leads to the discussion of how we are born a certain sex, and this is either female or male. You can tell what sex we are by looking at by our private parts. The teacher will then use the scientific words related to these parts and how they determine whether you are male or female.
3. The final lesson will centre on what differences there are in families and who makes up a family.

Year 4 sex and health education lessons summary:

There are approximately 3 lessons. Here is a summary of what the children will be learning-

1. The children will discuss all the stages of a human lifecycle including baby, toddler, child, teenager, adult and elder. They will talk about what these words mean and when these stages take place.
2. In lesson two the children will learn and discuss what puberty is and what it means. The teacher will explain that this is a special time when a child gradually grows and develops into a young adult and both their bodies and feelings change.
3. The third lesson focuses on recapping what the children remember about puberty. Again, the teacher will explain that puberty can happen at any time between the age of 8 and 16 and that it starts and ends at different times for everybody. The children will discuss hormones and how these are the reasons for the changes that will happen in the coming years. The teacher will briefly discuss the physical changes that will occur during puberty including hair and body part growth.

Teachers will emphasise that these changes are normal and happen to everyone. They are nothing to be apprehensive about.

Year 5 sex and health education lessons summary:

There are approximately 3 lessons. Here is a summary of what the children will be learning-

1. The first lesson will focus on the children understanding of what puberty is – the children will be told that it is a time in a person's life where they will grow and develop into young adults. The children will then explore some of the physical and emotional changes that take place between the ages of 8 and 16. We emphasise that these changes are normal and can happen at different times to different children. The children will then discuss what changes will happen to men and women.
 2. In the following lesson children talk in more detail about puberty and will discuss menstruation and what this means for girls. Change that happen to boys will then be discussed.
 3. The third lesson will allow children to discuss everything they have learnt, and the children will discuss how to stay clean and healthy.
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School emphasises that these changes are normal and are nothing to be apprehensive about but that pupils can talk at school with an adult or with you at home about anything they are worried or concerned with.

Year 6 sex and health education lessons summary:

There are approximately 3 lessons. Here is a summary of what the children will be learning-

1. The first lesson describes how and why the body changes during puberty in preparation for reproduction. Pupils will briefly recap what they learnt last year about puberty. (The Year 5 lessons discussed some of the physical and emotional changes in boys and girls during puberty) The children will then take part in a body part task to see what they recognise about the reproductive parts of a male and female body. Any misunderstandings will then be clarified.
2. The second begins with children talking about what the word relationships means and what examples they know of relationships. (including friendships, siblings, husbands, wives, and friends.)
3. The last lesson will bring all the learning from the previous two lessons together about relationships, intercourse, and reproduction so any misunderstandings can be clarified.

Please complete the following permission slip and return it to school, no later than **Friday 30th April 2021**.

If you have any questions or wish to find out more information, then please do contact school to speak with myself and or a member of the Senior Leadership Team.

Thank you for your continued support,

Miss Boyle

Personal development lead.

Name of child: _____

Class: _____

I **do/ do not** give permission for my child to participate in sex and health education during the Summer Term.

Parent/ Carer name: _____

Parent signature: _____

Date: _____
