

Letter to Parents Regarding Relationships and Sex Education (RSE) and Health Education

Dear Parents,

We hope this letter finds you well. We want to inform you about the Relationships and Sex Education (RSE) and Health Education part of our curriculum, as it's now a statutory requirement for schools in England to cover these topics. We are writing to you, as we want to ensure you are informed and prepared for the upcoming sessions.

Within our COSMIC curriculum, we have developed an engaging series of sessions to cover critical topics such as boundaries, respectful language, relationships, diversity, and growing and changing. We have covered boundaries, respectful language, and relationships in the Autumn term. This included exploring different types of relationships and families, and how they can be different and change as we grow older.

As part of the curriculum, in Spring 2 and Summer 1, we will be covering the growing and changing aspect. The sessions will be age-appropriate for each year group, and we have outlined the content for each year group below:

- Year R, 1 and 2 will be exploring changes since their birth, similarities and differences between boys and girls, and challenging stereotypical ideas related to toys. This will include correctly naming all different body parts, including genitalia.
- For Year 3 and 4, we will be looking at the human life cycle, including changes in bodies and the correct naming of all different body parts, including genitalia. Ensuring that children understand why we all go through puberty.
- In Year 5 and 6, we will discuss the physical and emotional changes that occur during puberty. Year 6 will also cover how a baby is conceived and born.
- We understand that as parents, you may have concerns or questions about these sessions. To help inform you and facilitate discussions at home, we encourage you to view the age-appropriate videos we will be showing. The links are provided:

Year 3 & Year 4

<https://www.youtube.com/watch?v=SSI5czSV1OY>

Year 5 & Year 6

- <https://www.youtube.com/watch?v=SSI5czSV1OY>
- <https://www.youtube.com/watch?v=eO0ZLe7Swi8>
- <https://www.youtube.com/watch?v=-ZWcZtJ8Wm0&list=PLItgannkj2UG1oLFaDGQsaCfUboF17aH2&index=3>
- https://www.youtube.com/watch?v=WFS_B9k0n7E&list=PLItgannkj2UG1oLFaDGQsaCfUboF17aH2&index=4

In addition, Year 6 will also look at how a baby is conceived and born.

- <https://www.youtube.com/watch?v=QekcR7Jl4Po&list=PLItgannkj2UG1oLFaDGQsaCfUboF17aH2&index=5>

We believe that it is important for our Year 6 children to be taught the Sex Education element of the RSE curriculum.

If you have any queries or wish to discuss this further, the COSMIC team are available in person on both parent evenings Tuesday 30th January and Thursday 1st February (please note you do not need to book an appointment with the COSMIC team, we will be available from 3:30 on both evenings)

Additionally, if you do not want your child to participate in these sessions, you have the option to withdraw them. Information on this can be found on the school website under COSMIC Curriculum, and all resources can be accessed through the link:

<https://www.sexualwellbeing.ie/for-parents/resources/busy-bodies-adolescent-development-resources.html>

We appreciate your understanding and support in ensuring that our curriculum provides essential knowledge and understanding for your children's development.

Many thanks,

The COSMIC Team