



FAIR OAK JUNIOR SCHOOL

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Interim Headteacher: Mr Jim Hartley

Wednesday 3rd June 2026

Dear Parents and Carers

Year 6 – Relationships Education

As you might be aware, the RHE curriculum expectations for schools has changed over the past few years. We have adapted our curriculums to meet the needs of our pupils. This is to ensure that we are safeguarding our children and providing them with skills and information they need as they progress through their school years.

With this in mind, we will be delivering lessons this half term that will support and educate children in the changes that happen in our bodies.

We are writing to you to inform you of the lesson content so that you are able to see what will be covered. This unit builds upon previous learning in Year 4 on puberty where the children learnt about the physical changes to their bodies.

In lessons 1 and 2, the children will revisit naming the male and female body parts, using the scientific names. In addition, they will continue to learn about the physical and emotional changes that occur during puberty for both boys and girls.

In lessons 3 and 4, the children will learn about the menstrual cycle and menstrual products.

In lesson 5, the children will learn about wet dreams and continue their understanding of puberty.

This is essential learning that gives the children key knowledge and understanding of how their bodies may change in the coming years. The children will discuss who they can talk to for help, advice and support.

During these lessons we will be using video clips that outline the changes. Links to the videos are below should you wish to watch them or discuss with your child before the lessons. The video clips for the menstrual cycle and wet dreams are from 'The PSHE Association' which is a programme of study funded by the government. The third clip is from the BBC programme – Operation Ouch!

The menstrual cycle - https://www.youtube.com/watch?v=vXrQ_FhZmos

Wet dreams - <https://www.youtube.com/watch?v=6cYeFQvoPtY>

The science behind puberty - <https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special>

What will happen during the lessons:

As teachers, we will ensure that we establish a safe learning environment for both pupils and staff in the classroom. This helps pupils to feel comfortable about sharing feelings, exploring values and attitudes, expressing opinions, and enable them to consider the views and opinions of others without fear of negative feedback. As well as encouraging



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more open discussion, it helps to ensure that teachers are prepared to deal with unexpected disclosures or inappropriate comments should they occur. If this happens, we will follow our usual safeguarding procedures.

Ground rules:

For the lessons to be effective, pupils and teachers will develop ground rules together, revisit these at the start of every lesson and apply them in all discussion and group activities, amending them if we feel necessary.

Examples of the ground rules will include:

- Respecting what people say
- Listening to others
- Not asking personal questions or putting people 'on the spot'
- Not making assumptions about other people

Further to this, we will be continuing to use our 'Ask-it Basket' question box which encourages pupils to ask questions with anonymity and without embarrassment. Any child is able to put a question in the basket at any time and as many times as they want.

- Children can put their name on it so the teacher can follow it up with them individually.
- Only the teacher will see the questions, unless there are significant issues about a pupil's safety or wellbeing that need to be shared with other adults.
- Questions raised will be dealt with in the following lesson (or sooner if relevant to pupil's safety and wellbeing). Depending on the nature of the question, some responses may be answered as part of a small group session or one-to-one. They will be treated anonymously so that no-one knows who asked the original question.

Limits of Confidentiality

Teachers will explain to pupils in simple terms that, whilst we usually try to keep everything that's said in our classroom confidential, if they are concerned about a pupil's safety or wellbeing, they would have to tell one other member of staff. If a question, behaviour, or language arises that the teacher finds concerning, this will be discussed with the Designated Safeguarding Lead or Deputy Safeguarding Lead – in line with the school's safeguarding and child protection policies.

We thank you for your continued support.

Yours sincerely

Katherine Drudge

R.H.E. Lead