



Hillbourne Primary School

Headteacher

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Every Child, Every Opportunity'

Monday 1st June 2026

Dear Parents and Carers,

We are writing to inform you that during the summer term, Year 6 pupils will be taking part in a series of Relationships and Sex Education (RSE) lessons. These sessions are part of our Personal, Social, Health and Economic (PSHE) curriculum and are designed to be age-appropriate, informative, and supportive as children prepare for the transition to secondary school.

Session Overviews

Session 1: I know the changes that happen during puberty

Children will revisit what they already know about puberty and explore the physical and emotional changes that happen during this time. They will practise how to start conversations about puberty and think about how to support someone who may feel embarrassed or unsure.

Session 2: I know how to manage change and becoming more independent

This session focuses on growing up and becoming more independent. Children will explore different life stages, roles, and responsibilities, and will create a "Growing Up Survival Guide" to help themselves and others prepare for secondary school.

Session 3: I know about positive, healthy relationships

Children will learn about the qualities of healthy relationships, such as respect, kindness, and trust. They will explore different types of relationships (e.g. family, friends, teachers) and reflect on how people in these relationships support and care for one another.

Session 4: I know how a baby is made

This session will provide a basic understanding of human reproduction. Children will learn that a baby is made when an egg is fertilised by sperm, and the importance of consent and respectful relationships will be discussed in an age-appropriate way.



We understand that RSE is a sensitive topic, and we aim to deliver these lessons in a safe, respectful, and inclusive environment. If you have any questions or would like to view the materials we will be using, please do not hesitate to contact me or Mr Longland via the school office.

This part of the curriculum builds on children's scientific knowledge of the human body and life cycles, but we respect that parents and carers have the right to withdraw their child from these sessions if they feel it is necessary.

Thank you for your continued support.

Warm regards,
Mrs Hall
PSHE Lead
Hillbourne Primary School

