



Coulston Church of England Primary School

Bradmore Green

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Head Teacher: Mrs Annie Mitchell B.Ed Cert. ED

Dear Parents & Carers,

16th March 2022

RSE Curriculum – Year 6

As part of the RSE National Curriculum, the children need to understand the process of changes which their bodies will go through in the next few years as they enter puberty. One component of this is the menstrual cycle (periods) which obviously has a direct effect on the girls but is also important for the boys to understand as well. The talk will include some information about puberty in general and about the body changes that occur in both boys and girls. This discussion will also include personal hygiene, which we have touched on briefly already.

To support the delivery of this topic, I will be showing some video clips which are used by the school nurses in Bromley LEA. I have enclosed web links for you to view the clips and I encourage you to watch them to provide you with a better understanding of what the children will be told.

<https://www.youtube.com/watch?v=s8w2YVPMYs0>

<https://www.youtube.com/watch?v=Ahk5y98Ndns&t=6s>

https://www.youtube.com/watch?v=8ktKO_qVmPw&list=WL&index=4

Please note further discussions covering sex, relationships, healthy eating, the effects of drugs and alcohol and gestation will be held throughout the year.

Yours faithfully

Joanna Soltau
Class Teacher

