



Coulston Church of England Primary School

Bradmore Green

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Head Teacher: Mr Paul Garratty B.Ed (Hons); MA

Dear Parents and Carers,

18th June 2026

RSE Curriculum – Year 6

As part of the Relationships and Sex Education National Curriculum, the children will be learning about 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 which obviously has a direct effect on the girls but is important for the boys to understand as well.

Over the coming weeks, during their PSHE / RSE lessons, children will be learning about puberty in general and about the body changes that occur in both boys and girls. They will have the opportunity to recap the male and female body parts, and to discuss menstrual wellbeing including the key facts about the menstrual cycle. This discussion will also include personal hygiene, which has been touched on briefly already.

In line with our PSHE and RSE policy, we teach reproduction in a scientific context. Knowing that the National Curriculum Science requires children to know how mammals reproduce, we teach this within our Science curriculum, not within PSHE or RSE. All children will take part in these sessions.

Of course, if you have any questions or wish to discuss what is being covered, please do not hesitate to contact me or your child's class teacher.

Yours faithfully,

Lauren Pullin

PSHE & RSE Lead

