

Tuesday 28th April 2026

Dear Parents/Carers of children in Year 6,

Relationship, Health and Sex Education

At Norbridge Academy, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE programme in the 'Changing Me' Puzzle (unit). We conclude that Sex Education refers to human reproduction and therefore inform parents of their right to request their child to be withdrawn from the PSHE lessons that explicitly teach this.

You are receiving this letter because your child is in Year 6 and next half-term, they will be covering the 'Changing Me' unit.

The unit covers the following:

1. **My Self Image** – I am aware of my own self-image and how my body image fits into that.
2. **Puberty** – I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
3. **Babies: Conception to Birth** – I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
4. **Boyfriends and Girlfriends** – I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend / boyfriend.
5. **Adolescent Friendships** – I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.
6. **Real Self and Ideal Self** – I am aware of the importance of a positive self-esteem and what I can do to develop it.

Lesson 3 – Babies: Conception to Birth: You have the right to withdraw your child from this lesson. Should you wish to do so, please put this in writing and address this to the Head of Academy.

If you require further information, please do not hesitate to contact your child's class teacher.

Thank you for your continued support,

Miss R Jackson

Head of Academy