



Thursday 5<sup>th</sup> May 2022

Dear Parents/Carers of Year 5 and 6 pupils

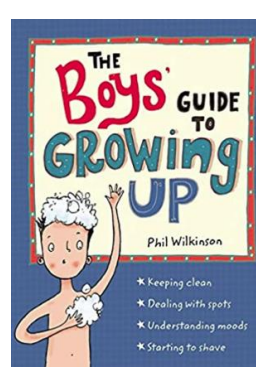
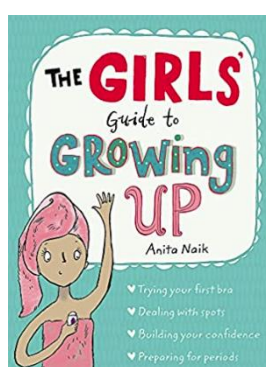
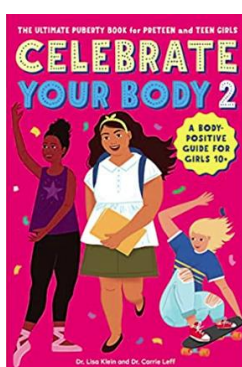
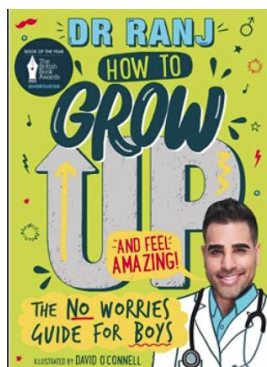
I hope that this letter finds you all safe and well. I wrote to you a few weeks ago to inform you about the upcoming Relationships, Sex and Health Education (RSHE) that will be taught here at Kingsnorth CEP.

The purpose of RSHE is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect for ourselves and others. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner, to be aware of their own emotions and wellbeing, and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage. These sessions remain inclusive, sensitive and to support building self-efficiency.

From research, I have discovered that there are many books available on RSHE that could assist with any discussions with your child. Below are a few books to help support this area of PSHE, which cover all aspects of the RSHE curriculum alongside positive messages on mental health, wellbeing and self-respect.

Please note that I would *strongly* recommend reading these books prior to passing onto the children as there maybe some sections that are not yet appropriate.

As a school, we are hugely aware of the financial struggles on families, therefore we have purchased a number of copies of each text for you to loan from the main office.



Dr Ranj – How to grow up and feel amazing

Dr Lisa Klein – Celebrate your body 2

Anita Naik – The girls guide to growing up

Phil Wilkinson – The boys guide to growing up

If you have any further questions, please feel free to contact me

Kindest regards

Mrs Abbie Amos – PSHE coordinator