

Headteacher: Mr S Payne
 Head of School: Mrs M Clark
 Telephone: 01474 833177

Email: irpoffice@swale.at
 Website: www.isteadrise.org.uk

Downs Road
 Istead Rise
 Northfleet
 Kent
 DA13 9HG

4th June 2026

Year 6 Relationships and Sex Education (RSE)

Dear Parents/Carers,

During Term 6, we will be teaching children about health and sex education as part of our PSHE programme of study - *Relationships and Sex Education (RSE)*.

The following table shows what your child will be learning about next term as part of their PSHE lessons.

	Content Covered
Lesson 1	Self Image/Real Self and ideal self: I am aware of my own self-image and how my body image fits into that. I am aware of the importance of a positive self-esteem and what I can do to develop it.
Lesson 2	Puberty: I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
Lesson 3	Conception: I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.
Lesson 4	Babies: Conception to Birth: I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
Lesson 5	Boyfriends and Girlfriends: I am aware of the importance of a positive self-esteem and what I can do to develop it.
Lesson 6	The Year Ahead: I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.

Sex Education: Right to Withdraw

Parents have the right to withdraw their child/ren from lessons highlighted in yellow. All other lessons are compulsory. All teaching materials are appropriate to the pupil's age and emotional maturity and your child/ren's teachers will present the information in an objective, balanced and sensitive manner.

If you decide to take your child out of the highlighted lesson/s, please arrange a time with the School Office to meet with Miss Waters regarding opting out of RSE lesson/s.

Yours sincerely,
 Miss Kite
 PSHE Lead