



Minet Junior School

Avondale Drive | Hayes | Middlesex | UB3 3NR | 01895462362
Email: office@minetjunior.org.uk | Website: <http://www.minetjunior.org.uk>
Headteacher: Ms K Ryan

Friday 7 June, 2024

Dear Parent/Carer,

RE: Relationships and Health Education

As part of their Science lessons in the Animals Including Humans unit and our relationships unit in PSHE, our students will take part in a series of lessons about Relationships and Health Education. We define this as learning about caring friendships, families and people who care for them, respectful relationships, online relationships, being safe, growing up and puberty.

We believe that knowledge empowers and protects children as long as it is age-appropriate. At Minet, we believe it is vital to prepare children with accurate, age-appropriate and scientific knowledge about puberty before they transfer to secondary school.

Correct terminology for body parts is introduced early to normalise this biological vocabulary and to support safeguarding. These words are not used in isolation but always in conjunction, ensuring children know these are private parts of their bodies.

Please see the attached information for a summary of the curriculum in each year group. Alternatively, you can view this material on our website: <https://www.minetjunior.org.uk/relationships-health-sex-education/>

If you have any questions about the content of the lessons, we are happy to address these with you. Please email any questions or concerns to help@minetjunior.org.uk

Right to Withdrawl

Parents do not have the right to withdraw their children from statutory Relationships and Health Education lessons or the statutory National Science Curriculum. At Minet Junior School, we do not cover any content that is non-statutory. Therefore, there should not be a need to withdraw children from lessons.

Thank you for your continued support and cooperation,

Miss Eynon
PSHE Lead





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Summary of Relationships and Health Education Lessons in Year 3 & 4:

Year 3:

- Children will learn that in humans and animals lots of changes happen as they grow from babies to fully-grown (i.e. puppy to dog, calf to cow, baby to adult).
- Children will understand the names for male and female body parts and understand some of the changes that will occur as they grow older
- Children will learn about the PANTS rule (<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>)
- Children will understand that babies grow inside a mother's womb and get their nutrients to grow from the mother.
- Children will explain what things babies need in order to survive (food, shelter, clothing, care).
- Children will explore stereotypes and family roles
- Children will explore their thoughts, feelings and hopes for the new school year.

Year 4:

- Children will understand that their characteristics and traits come from their parents (i.e. eye colour, hair colour, skin colour)
- Children will understand the terms for internal and external body parts for male and female bodies and how bodies will change in puberty
- Children will learn about the changes that happen to females during puberty (menstruation)
- Children will understand how to manage conflict with friends
- Children will understand that some changes are out of their control (i.e. loss, changing family structures, etc.)
- Children will learn coping skills for dealing with change in their lives.





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Summary of Relationships and Health Education Lessons in Year 5 & 6:

Year 5:

- Children will explore and understand self-esteem and body image
- Children will learn about physical and emotional changes for males and females in puberty
- Children will understand the menstrual cycle
- Children will explore what they are looking forward to when they become a teenager
- Children will explore their thoughts, feelings and hopes for the new school year

Year 6:

- Children will be aware of their self-image and body image
- Children will learn about the physical and emotional changes for males and females in puberty
- Children will learn about the importance of personal hygiene during puberty
- Children will explore how to develop and have a positive self-esteem
- Children will understand different types of relationships they may have as they grow older (i.e. friendships, boyfriend/girlfriend) and boundaries
- Children will explore things they are looking forward to about secondary school and worries they have
- Children will complete activities to support their transition to secondary school.

