



Allenbourn
MIDDLE SCHOOL

Allenbourn Middle School

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Headteacher: Mr M Legge B.Ed (Hons) NPQH

19th April 2023

Dear Parents/Guardians

I just wanted to inform you that Pupils in Year 7 will be starting lessons about **Health and Puberty** within their PSHCE curriculum beginning this term. These lessons are very much geared towards Year 7, to ensure that every child is being provided with the appropriate knowledge and understanding required. It is the aim of the Government and the Local Authority to ensure that children are well versed with this area of their education. It is felt, through evidence, that those children who have a greater understanding can make positive choices in the future.

The purpose of Relationship and Sex Education (RSE) in Key Stage 3 is to develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across the Wimborne Academy Trust, using guidance from the National Curriculum, Ofsted and the PSHCE Association. All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

Please find below a brief outline of the lesson content.

Key Learning:

- ☐ Describe how to manage physical and emotional changes during puberty.
- ☐ Understand the importance of period positivity (to combat period shaming).
- ☐ Know strategies for maintaining a balance between home and school activities.
- ☐ To learn about different influences on someone's diet and exercise choices.
- ☐ To learn how to make independent, informed decisions about maintaining physical health.
- ☐ To learn how to manage and maintain good oral hygiene and dental health.





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Prior Learning:

Y4 - Good oral hygiene, relationships

Y5 - Sleep, puberty, relationships, FGM

Y6 - Physical activity and mental health, puberty and conception

Future Learning:

Y8 - Mental health and emotional wellbeing, including body image and coping strategies

Y8 - Identity and relationships

You are most welcome to contact me to discuss the programme, dates of specific lessons or to view any of the teaching materials used.

Parents can withdraw their child from all or part of the RSE programme that does not form part of the statutory National Curriculum. If you wish to withdraw your child, please contact your child's form teacher.

For further information, please read the RSE policy found on the school website.

Yours sincerely

Mr L Smith
Deputy Headteacher