



Ocean Academy Poole

an Aspirations Academy
Self-Worth | Engagement | Purpose

'Bringing Learning to life: No limits. No barriers.'

Colleen Duggan - Principal
Constitution Hill Road, Poole
Dorset, BH14 0PZ

01202 606888
office@ocean-aspirations.org

www.ocean-aspirations.org

Dear Parents/carers

3 May 2024

As a part of your child's education here at Ocean, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. As a school, we follow the Jigsaw scheme of work that provides the children with the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential as well as meeting all the statutory requirements in the National curriculum.

We are writing to let you know that after half term, all children will be undertaking PSHE lessons that focus on the relationships and sex education (RSE) aspect of this programme. These lessons will be delivered by the class teachers allowing children to learn in a safe and comfortable environment with adults they are confident to be around.

During these sessions, pupils will be given time to explore and ask questions around the topics covered in each year group. The content is age appropriate with resources that are child friendly and the content is built upon year after year. The main focus of the RSE curriculum is Healthy relationships, including:

- Friendships and families
- Growing and changing, including puberty
- Personal hygiene
- Changing feelings
- Becoming more independent
- Keeping safe
- Developing self-esteem and confidence.

Below is a brief outline of the objectives covered in each year group as part of the RSE curriculum:

Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)
Puberty and Human Reproduction in Jigsaw 3-11		
Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)



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As a school, we are committed to supporting the needs of all of our children and would like to assure parents that these lessons are delivered in a sensitive manner and by class teachers who are fully qualified and aware of the needs and requirements of the children.

We would like to make parents aware that any safeguarding issues that arise from these lessons will be dealt with according to our safeguarding policies. Parents do have the right to withdraw their children from the primary RSE lessons, if they wish, but the children cannot be withdrawn from science learning, which also covers reproduction.

Further to this, it is important to note that Relationship and Sex Education is a statutory part of the curriculum in secondary education. Therefore, taking part in the primary RSE curriculum will best prepare them for their future education.

If you feel you would like some further information and a more detailed explanation into the materials, then we would like to invite you into school on Wednesday 22nd May 2024 at 3.45pm to meet with the PSHE lead to discuss and look at examples of the resources that will be used.

If you wish to attend this information meeting, please email office@ocean-aspirations.org by Friday 17 May 2024.

If you wish for your child to be removed from RSE sessions, then we will require this request in writing. Please supply a signed letter to the school office.

Kind regards
Melanie Brown
PSHE & RSE Lead



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