



16<sup>th</sup> February 2024

Dear Parents and Carers,

At Grampian, our commitment to safeguarding is part of everything that we do and, as such, extends into our curriculum. As part of our Personal, Social and Emotional Development (PSED) curriculum, children in Year 6 will be learning about Relationships, Health and Sex Education through our 'Changing Me' unit of work during the spring half-term. Health and Relationship Education is statutory in all primary schools.

The themes of this work are:

- Understanding what healthy, safe relationships look and feel like.
- How to keep ourselves healthy in relationships, now and in the future.
- Understanding our bodies and the way in which they change over time, in an age-appropriate way.

This is an incredibly important part of our curriculum, which all staff will teach in a sensitive and thoughtful manner. Due to its content, this part of the curriculum will be taught by your child's class teacher. Details of the content of this unit can be found on the school website: <https://www.grampian.anthemtrust.uk/the-wider-curriculum>

If you would like to discuss this unit of work in further detail, please make an appointment for a telephone conversation through the school office.

With thanks,

Mr Carpenter and Miss Gerver