

John Ray Junior School

Notley Road, Braintree, Essex, CM7 1HL

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Headteacher Karen Harrison

8th June, 2026

Dear Parents/Carers,

Please read this information carefully as it contains curriculum coverage for the teaching of Relationships Education, Health Education and Sex Education over the next two weeks.

At John Ray Junior School, we believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum which looks at many topics including relationships, physical/emotional health and the skills needed to live in the wider world. Relationships and sex education (RSE) is an important part of PSHE. We believe this work is an important part of safeguarding children as knowledge empowers them, helps them to stay safe and for when the time comes, to have a better understanding of puberty and the way their bodies will change.

On the week beginning the 22nd June, Year 6 will have their RSE lessons. During the lessons, pupils will be able to ask questions, which will be answered factually and in an age-appropriate manner. Each class will also have a question box in the classroom where children can ask questions anonymously if they wish and these will be answered by the teacher if appropriate to do so.

Year 6 RSE lesson content

- To describe how and why the body changes during puberty in preparation for reproduction
- To talk about puberty and reproduction with confidence
- To discuss different types of adult relationships with confidence
- To know what form of touch is appropriate
- To describe the decisions that have to be made before having a baby
- To know some basic facts about pregnancy and conception
- To consider when it is appropriate to share personal information in a relationship
- To know how and where to get support if an online relationship goes wrong

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Most parts of the RSE element of the PSHE curriculum are compulsory in primary schools – these are the parts of the National Curriculum for science. Year 6 parents do have the right to withdraw their child from all other parts of RSE if they wish to do so. It is worth considering that if a child is withdrawn from these sessions by a parent, many children will discuss their learning with each other outside the classroom. Our lessons are carefully planned to ensure content is delivered age-appropriately, in line with the National Curriculum and government guidance.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any questions regarding the content of the Year 6 RSE lessons, please contact your child's class teacher.

Yours sincerely,
Mrs. Gibson
Year Group Leader