



MALTESE ROAD PRIMARY SCHOOL

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Headteacher: Mrs F White

Dear Parents and Carers

8th May 2026

Relationships, Health and Sex Education

The PSHE (personal, social and health education) curriculum includes lessons about relationships, keeping safe, diversity and friendships and pupils study these in every year group. This is a compulsory part of the national curriculum.

The science curriculum also covers topics such as changes to our bodies, including menstruation, as we approach puberty. This also includes work on life cycles and the naming of body parts. This is compulsory too for all pupils.

At our school, like the majority of schools, we also deliver some additional sex education lessons in Year 6. These lessons cover how a baby is conceived and born. Parents have the right to withdraw their child from these specific sex education lessons about conception and birth but not from content which comes under the PSHE, relationships or science curriculum.

We do recommend that everyone is involved as the content prepares pupils for follow up lessons in Year 7 at secondary school which are compulsory for all pupils. However, parents do have a legal right to opt out of the Year 6 sex education lessons if they choose to do so.

We have attached a form for you to complete if you **DO NOT** wish your child to participate in the specific sex education lessons taught in Year 6 this term. NB they will still study the related content in science lessons and study about changes and relationships in PSHE lessons of course.

All pupils in Year 5 will study the science and PSHE materials as these are compulsory but we do not teach the conception and birth lessons until Year 6.

If you are a Year 6 parent and wish to opt your child out of the sex education lessons about conception and birth, please complete and return the attached withdrawal form by Friday 5th June.

Yours sincerely

Mrs F White
Headteacher