



St Joseph the Worker Catholic Primary School



Highview Crescent, Hutton, Brentwood, Essex CM13 1BJ
Telephone Brentwood (01277) 227282 **Email** admin@st-josephworker.essex.sch.uk
Website www.st-josephworker.essex.sch.uk

Head Teacher: Kathryn Poulter

Dear Year 6 Parents,

We are writing to inform you that in the week beginning 16th June 2025, pupils will take part in **Puberty and Sex Education lessons**, during which we will sensitively explore and discuss issues around this topic within a Catholic context (as recommended by Brentwood Diocesan Education Service).

A Journey in Love is the resource recommended by the Diocese of Brentwood for Catholic primary schools to use for Relationship and Sex Education. It is a progressive scheme of work designed for each year group and supports Religious Education, PSHE, and the Science curriculum already taught in primary schools.

The programme is rooted in the belief that we are made in the image and likeness of God, and that gender and sexuality are gifts from God that reflect His beauty. Each stage of growth is explored through suggested developmental tasks and activities, with reflections focusing on physical, social, emotional, intellectual, and spiritual development. As children progress through school, they will learn more about themselves and the wider world.

Central to our school's mission is helping children learn about their faith, understand themselves, their role in the community, and how they grow as individuals. This is how *A Journey in Love* integrates into our curriculum. The programme runs throughout the school and focuses on friendship, family, community, relationships, and spirituality—guiding children's development as young Catholics.

As you would expect, not all aspects of personal development are covered by the end of Year 6. The content is age-appropriate and taught with sensitivity, taking into account the children's level of maturity. The content covered will include:

- The changes that their bodies will go through in puberty, including emotionally and physically.
- The menstrual cycle and that a male and female are needed to conceive a baby.
- An explanation of how human life is conceived.
- Understand that a baby changes in the womb and some of the baby's requirements during the first months of life.



St Joseph the Worker Catholic Primary School fully complies with information legislation. For the full details on how we use your personal information please see our privacy notice which is located on our school website (www.st-josephworker.essex.sch.uk) under 'Key Information/Data Protection/Privacy Notice' or call 01277 227282 if you are unable to access the internet.



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Naturally, children may be curious and have specific questions. These are welcomed and will be addressed as part of the sessions with care and understanding.

All lessons will be delivered by your child's class teacher.

We will also be showing a short video from the popular CBBC series *Operation Ouch!* which presents the topic of puberty in an accessible and engaging way. If you would like to preview this resource, it can be found by searching:

BBC iPlayer

Operation Ouch!

Series 4, Episode 10: *Don't Panic About Puberty*

If you have any concerns about your child taking part in these lessons, please contact the school office to arrange an appointment.

Yours sincerely,

Mrs Poulter
Headteacher



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