



The British School

Caroline Drumm
Principal

P.O. Box 566, Jhamsikhel, Patan
Kathmandu, Nepal

23rd September 2022

Relationship and Sex Education (RSE) - Year 5 Parent Information Session - 17th October 2.45pm - 3.15pm

We would like to inform you of the upcoming *Relationship and Sex* scheme of work that we will be delivering to the Year 5 students.

RSE starts in the Primary School at TBS to ensure that children learn about their bodies, can recognise if other people make them feel uncomfortable or unsafe and can report abuse and seek help if they need to.

The teachers have studied the materials commonly used in schools in the United Kingdom, and adapted them for our setting and to ensure they are age appropriate for the children in Year 5.

The scheme of work is part of the IPC unit 'How Humans Work' and will be taught over multiple sessions covering:

- The physical and emotional changes that take place as girls and boys go through puberty
- The importance of physical hygiene
- The concerns and worries of young women and men
- Making boys more aware of the changes that occur as girls become young women and making girls more aware of the changes that occur as boys become young men
- Roles and relationships in the family
- Appropriate boundaries and positive and negative communication in different relationships
- To consider touch and appropriate boundaries and to know that a person has a right to say what they like and dislike.

We will be holding a Parent Information Meeting on October 17th 2.45 - 3.15. In this meeting, we will explain the lessons in more detail and show you some of the materials and videos that we will use to help children explore the issues and concepts.

These lessons are an important part of the Year 5 curriculum as they help children to understand the changes their bodies will be going through, how to care for themselves and keep themselves safe. In accordance with UK guidelines, you can choose to withdraw your children from **elements** of the

Patron: H.E.The British Ambassador

Telephone: 977-1-5421794, 977-1-5422012, e-mail: tbs@tbs.edu.np website: www.tbskathmandu.org



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RSE scheme of work further to discussions with your child's class teacher. However, if you do so we recommend that you work with your children at home, to understand the concepts detailed above. Please also note there will be no alternative curriculum provided for children withdrawn from RSE, but they will be supervised by our learning support staff in a separate classroom. If you choose to withdraw your child from this area of the school curriculum, please email your child's class teacher by 10th October 2022.

Yours sincerely,

Ms Kat Harris

Ms Alex Yates

Year 5H Class Teacher

Year 5Y Class Teacher

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