

The British School



Caroline Drumm
Principal

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

23rd September 2022

Dear Parents,

Expedition and Relationships and Sex Education (RSE) Parent Information Session Monday October 17th 2.45-2.15pm

We would like to inform you of the upcoming *Relationships and Sex Education* scheme of work that we will be delivering to the Year 6 students this term, as well as the Year 6 expedition we will be going on from Monday 14th November to Friday 18th November 2022.

RSE starts in the Primary School at TBS, so that children learn about their bodies, can recognise if other people make them feel uncomfortable or unsafe and can report abuse and get help if they need to. Many children start puberty before they leave primary school so it is important that all pupils know what to expect before it happens.

The teachers have studied the materials commonly used in UK schools and adapted them for our setting and specifically for the cohort of children currently in Year 6.

The objectives covered are summarised below:

- A recap on menstruation (pre expedition)
- The biology of female and male reproductive organs (post expedition)
- Encouraging shame-free menstruation discussions including menstruation taboos (pre expedition)
- How babies are made and the birth of a baby (post expedition)
- Relationships and the difference between good and bad secrets, and understanding which areas of their bodies are private (pre expedition)

We will be holding a Parent Information Meeting on Monday 17th October 2022 2.45-3.15pm. In this meeting, we will explain the lessons in more detail to help children explore the issues and concepts.

These lessons are an important part of the Year 6 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 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 Please also note there will be no alternative curriculum provided for children withdrawn from RSE, but they will be supervised by our learning support staff in a separate classroom.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 **Friday 14th October**.

Yours sincerely,

Ms. Tara Ealy
Year 6 Class Teacher

Mr Alexi Akkari
Year 6 Class Teacher

Patron: H.E.The British Ambassador

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