



Ashley Junior School

Ready • Respectful • Responsible

1st July 2026

Dear Parent or Carer,

As a part of your child's education at Ashley Junior School, we promote personal well-being and development through a comprehensive Learning for Life PSHE (Personal, Social Health & Economics) education programme. Learning for Life is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy and productive lives. Year 6 Team are writing to let you know that on Wednesday 8th July, year 6 will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. The lessons cover the science curriculum aspect of the life cycles of humans and animals, including reproduction. They also teach about the changes that happen in humans from birth to old age. This includes learning what happens in puberty, including periods.

To support this work the children will have the opportunity to watch a series of videos called 'Living and Growing'. The videos were designed for primary school children and use a combination of video clips and animation to explain the whole process of life cycles and reproduction. (They watched some of these videos in year 5 so this is revision in many cases)

The content of the five programmes is as follows;

Unit 2 – programme 4 Changes

This programme explores the physical and emotional changes that take place at the onset of puberty. It reaffirms that puberty is a normal and natural process.

Unit 2 – programme 5 How babies are made.

This programme looks at life cycles, friendships and feelings. It explains sexual reproduction in the context of loving, caring relationships between couples.

Unit 3 – Programme 6 How babies are born

This video looks at the development of a baby in the womb and includes a clip of a real birth.

Unit 3 – Programme 7 Girl Talk

Unit 3 – Programme 8 Boy Talk

These videos look in greater depth at the physical changes at puberty.

There is an opportunity to view the videos in school at 3.45pm on **Monday 6th July**. In order for us to accommodate the number of attendees please click the link [2026 Year 6 Personal, Social, Health and Economic \(PSHE\) Education programme – Fill in form](#) and complete the e-form to confirm your attendance to this session by 9:00am Monday 6thth July.

All Learning for Life teaching takes place in a safe learning environment and is underpinned by our school ethos and values. As a school community, AJS is committed to working in partnership with parents and welcome parental feedback on this aspect of our curriculum. If you would like to find out more or discuss any concerns, please do get in touch.

Yours faithfully

Year 6 Team