

22<sup>nd</sup> June 2026

Dear Parents/Carers,

**Re: Relationships, Health Education (RHE) YEAR 6 – Summer Term of PSHE and FGM lessons**

We are writing to inform you of the RHE learning year 6 will be doing next week, as mentioned in my previous letter regarding PSHE and FGM.

There will be three lessons:

Lesson 1- Recapping children's learning of puberty and how the body changes for adulthood.

Lesson 2- Reproduction- science based-copies of power points will be made available to you in the school office.

Lesson 3- FGM- being part of the Ealing FGM project since year 3, this will be the children's final lesson in primary school.

Lessons 2 and 3 are not statutory in primary schools, parents/carers can withdraw pupils from these lessons if you wish, but I hope that you support the final stage of this project for pupils, ***please inform us via [admin@west-acton.ealing.sch.uk](mailto:admin@west-acton.ealing.sch.uk) if you do not want your child to take part.*** However, we cannot guarantee they will not hear information from their peers –which could be wrong or confusing.

Yours faithfully,

Miss Kondo  
Headteacher

Miss Ferreira  
PSHE Leader

| Year | Lesson Topic                | Key words                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Definitions and Explanations                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| 6    | Physical changes in puberty | <p>Body parts</p> <p>Male reproductive system</p> <ul style="list-style-type: none"> <li>- Urethra</li> <li>- Penis</li> <li>- Testicles</li> <li>- Sperm</li> <li>- Semen</li> <li>- Scrotum</li> <li>- Erection</li> <li>- Wet Dream</li> </ul> <p>Female reproductive system</p> <ul style="list-style-type: none"> <li>- Vagina</li> <li>- Vulva</li> <li>- Urethra</li> <li>- Labia Majora</li> <li>- Labia Minora</li> <li>- Cervix</li> <li>- Uterus</li> <li>- Tampon</li> </ul> | <p>The urethra is the tube in the centre of the penis that urine and sperm travel through to leave the body.</p> <p>Testicles produce sperm. The skin around the testicles is called the scrotum.</p> <p>Sperm cells are produced in the testicles, they travel in a liquid called semen.</p> <p>An erection is when blood flows to the penis making it appear fuller and harder</p> <p>A wet dream happens at night and is when sperm and semen leave the penis while a boy is asleep. It is not urine.</p> <p>The vulva is what can be seen from the outside of the body. The labia majora and labia minora are the protective skin around the opening on the vagina.</p> <p>The urethra is above the vaginal opening and where urine comes from.</p> <p>The cervix is at the top of the vagina, internally it stops things getting too far into the body ie. tampons</p> <p>If a woman was pregnant, the baby would grow in her uterus. When she is pregnant, it is referred to as a womb</p> <p>Tampons are introduced as an alternative to sanitary pads, they are not</p> |

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|   |                                             | -                                                                                                                                  | recommended until 13 years of age but are introduced as an option                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 6 | <b>Reproduction (Sex Education Lesson*)</b> | <p>Lifecycle</p> <p>Reproduction</p> <p>Fertilisation</p> <p>Conception</p> <p>Process of Reproduction-inc. sexual intercourse</p> | <p>In order for the lifecycle to continue, there needs to be reproduction.</p> <p>Reproduction is the process of new life being created. Reproductive happens when the male and female reproductive cells come together, and new life is formed.</p> <p>Fertilisation is the process of an egg and sperm cell meeting and joining together to make a new cell</p> <p>If the egg and sperm successfully join together and a new life begins then this is called conception</p> <p>Exact language used:</p> <ul style="list-style-type: none"> <li>• A man produces sperm in his testicles.</li> <li>• Once a month, the woman's body releases an egg.</li> <li>• In order for the sperm to meet the egg a man and woman will have sexual intercourse.</li> <li>• During sexual intercourse, the sperm will enter a woman's body via her vagina.</li> <li>• This sperm then travels through the vagina and the uterus and towards the fallopian tube.</li> </ul> |

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|                                                                                                                                                                                                                                                              |  |                             | <ul style="list-style-type: none"> <li>• In the fallopian tube, the sperm may meet with the egg. The sperm and egg become one. This is called fertilisation.</li> <li>• The fertilised egg will then travel to the uterus.</li> <li>• If the egg is fertilised, it attaches the blood lining in the uterus.</li> <li>• The lining of the uterus builds up with a bloody lining to protect the fertilised egg.</li> <li>• Remember if the egg was not fertilised, the woman does not need this egg or the bloody lining and her body removes this and it comes out as her period.</li> </ul> |
|                                                                                                                                                                                                                                                              |  | Zygote                      | <p>The fertilised cells formed by a sperm and egg cell meeting</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                              |  | Embryo                      | <p>The initial growth of cells into human life</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                              |  | Foetus                      | <p>A baby developing in the womb</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                              |  | Amniotic Sac/<br>Fluid      | <p>The sac in which the foetus grows in, it is filled with liquid</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                              |  | Umbilical cord/<br>placenta | <p>The placenta is the organ a woman body creates to feed the foetus while in the womb, it passes nutrients from the woman's body through the placenta to the baby</p>                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b>This lesson is the only lesson that parents can withdraw from as it includes a reference to sexual intercourse. As seen above, this is necessary to explain how the sperm and egg cell meet as part of the scientific process of reproduction.</b></p> |  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |