

Graham James Primary Academy

The Sorrells Stanford-le-Hope Essex SS17 7ES

Head Teacher Petra Back, B.A. Hons.



13th January 2026

Dear Parents,

Re : Year 6 Health Education

As part of our PSHE, Science and Health Education programmes we are continually instructing and reminding the children of various ways to look after their bodies and generally keeping fit and healthy. This work involves aspects such as taking regular exercise, dental hygiene, washing and the hazards associated with smoking, etc.

While all this is extremely important and forms a major part of our work with the children it is nothing new and you may be wondering why I am writing to you about it. The reason is that one area of health education - sex education - is only dealt with in very general terms as the children progress through the school. It is, however, becoming increasingly obvious that young people are reaching puberty even earlier and their bodies are beginning to change in readiness for adulthood at a much earlier age. We have decided, therefore, to show the children in Year 6 the Kapow PSHE scheme Powerpoint which will take them very sensitively through the following:

- Looking after ourselves and keeping healthy;
- The whole process of 'making' a baby (conception);
- Understanding the physical changes in both sexes during puberty;
- Coping with and the reasons for physical changes during puberty.

Our class teachers will lead this session. We are totally convinced that the themes covered are suitable and an important aspect of the children's health education. There will be plenty of opportunity for the children to ask questions - either publicly or privately - after we have watched the videos.

It is expected that all children will take part in this lesson as it is an important part of the Government's drive to improve children's life chances. However, should you not wish your child to receive this information you will need to 'opt out' by 9.00am Friday 13th February. I would urge you not to opt out so that the children can all have the same input at the same time and not receive a slightly changed version from their peers in the playground after school. We will be teaching this after half term so do be prepared that your child may wish to talk about it when they get home. In the meantime, if you have any queries regarding the above lesson, please do not hesitate to contact either the office, myself or your child's class teacher.

Yours sincerely,

P. Back

Petra Back
Head Teacher