



BURLINGTON JUNIOR SCHOOL

Headteacher: Mrs P Utting

020 8942 2687

admin@bjs.rbksch.org

www.burlingtonj.kingston.sch.uk

Burlington Road · New Malden · Surrey · KT3 4LT

Monday 30th November 2020

Dear Parents and Carers,

Thank you to those who completed the parent consultation survey for Relationships and Sex Education (RSE) in June. Your comments helped us to understand your views which we took into consideration as we updated our curriculum and policy to meet the new requirements, as RSE is now compulsory to teach.

Our new RSE policy is now on the website and has been updated in the following ways:

- There is an outline of the programme we are teaching.
- The outline shows what is being taught in each year group so that parents can support with learning at home and can see the level of detail that sessions go into.
- It is clear which sessions and year groups encompass sex education so that parents and carers can exercise their right to withdraw, if they would like to.

Although sex education is not mandatory within primary schools, we intend to cover it because it is strongly encouraged by the Government and will be covered sensitively and within the context of Relationships Education. Teachers are also supported by the school nurse within these sessions.

As per your feedback, guidance and suggestions for materials at home, including relevant websites and books, to help support the learning in school have been included within this letter. We hope you will find these useful and can help with any discussions or questions your child may have.

On the website, under "Useful Links" and "Relationships Education" (or by following this link <https://www.burlingtonj.kingston.sch.uk/page/?title=Relationships+Education+%28RSE%29&pid=162>) there is a five minute recorded update about RSE, along with the accompanying slides, which we hope you will find useful.

If you have any other questions or comments relating to RSE that you would like addressing please send them to the parent@bjs.rbksch.org email.

Best wishes,

Pip Utting

Headteacher

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Helpful websites and resource for discussing Relationships Education, Health Education and sex education with your child.

Outspoken Education – Website and blog to get parents talking opening about relationships, bodies, consent and sex.

Links to helpful websites

This is a parent-friendly and practical age by age guide is helpful for knowing an age-appropriate time to discuss topics including: relationships, my body, life cycles, keeping safe and looking after myself, people who can help me and more. The age categories are: 3-6, 7-8, 9-10, 11-13 and 14-16.	https://www.outspokeneducation.com/age-groups
A book list of recommended reads split into different categories: <ul style="list-style-type: none"> - For parents: general reading - For parents: focus on girls - For parents: focus on boys - For children: younger children - For children: pre-teens and young teens - For children: older teenagers 	https://www.outspokeneducation.com/recommended-reading
An age specific guide to sex education for parents. You will find an outline of the different topics about sex that children eventually need to know about. The topics and ages are just a guide but will ensure we keep our children healthy and safe in our world today. The categories are: babies and toddlers, 2-5 year olds, 6-8 year olds, 9-12 year olds and 13-16 year olds.	https://sexedrescue.com/explaining-sex-education/
How to answer tough parenting questions about sex.	https://sexedrescue.com/tough-parenting-questions/
AMAZE – An American website that has cartoons for children ages 4-9. There are also parent videos including: “What if my kids don’t	https://amaze.org/jr/

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ask?”, “How can I teach my values?” and “What to say when...”. There are great videos for older children too. They also have a YouTube account called AMAZE Parents.	
The NSPCC have got parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations. Topics include: how to cope with tantrums, separation and divorce, talking about difficult topics and PANTS: the underwear rule.	https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/
Resources from Outspoken Education developed during COVID-19 for home learning. They're designed for children between 4-11 years covering: <ul style="list-style-type: none">- Bodies- Babies- body parts- periods- body image- body safety- LGBT+ The sessions are split are into different age categories. The final page also has top tips for conversations with your child at home.	https://a9bba1f6-c2c8-4c4d-90af-050bfd8fad13.filesusr.com/ugd/dfbec9_7efd1b6aa83b457db00446f942b90507.pdf
Pop'n'Olly – LGBT+ education videos teaching about equality and diversity.	https://www.popnolly.com/
A Mighty Girl – The world's largest collection of books, toys, movies for smart, confident and courageous girls.	https://www.amightygirl.com/
Childnet – Resources for when your child begins to explore the online world independently. This toolkit provides practical tips and advice on keeping your child safe online.	https://www.childnet.com/parents-and-carers/parent-and-carer-toolkit

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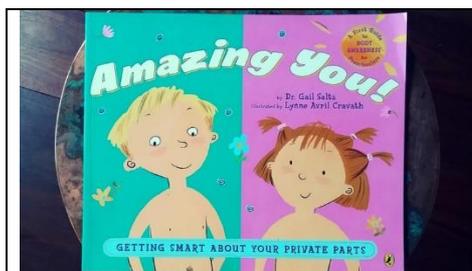
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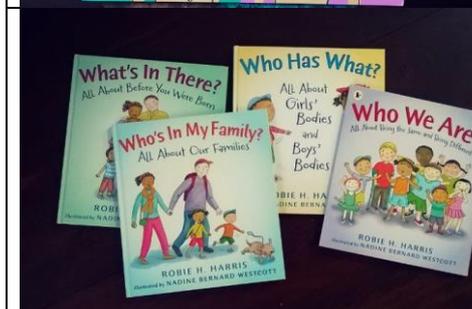
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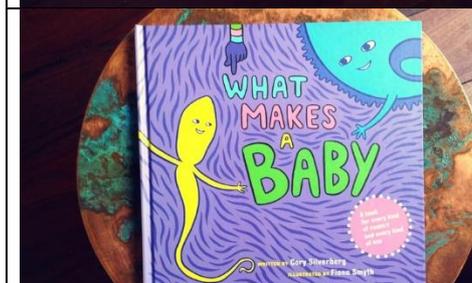
Helpful books to discuss topics and promote discussions at home



Amazing You by Gail Saltz. A great book for younger children about body parts and where babies come from (with no mention of sexual intercourse). It also talks about keeping the genitals private and masturbation. It is very uncommon for a book that targets younger children to mention masturbation.



Robie H. Harris. This series of popular books are fantastic for younger children (ages 4 and up), as they all focus on a different topic - body parts, families, diversity and pregnancy – so cover the key topics for sex education. They also provide the foundations for future talks about sexual intercourse.



What makes a baby by Cory Silverberg. This is a really popular book that explains where babies come from. It is perfect for younger children as there is no mention of sex (sexual intercourse). What makes this book special is that it is very diverse as it talks about people with a uterus instead of a man/ woman or male/female. Also it takes into consideration the many different ways a baby is made, and the fact that all families are different.



Mummy Laid an Egg by Babette Cole. This book talks about how babies are made with humour! It also touches on the 'embarrassment' that parents can experience and the fact that there are many 'made up' stories about how babies are made. It does talk about sex ('penis in vagina' sex) briefly.

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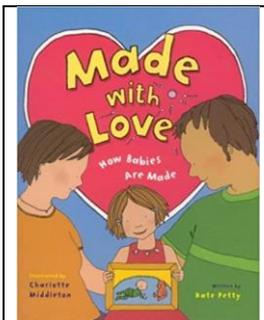
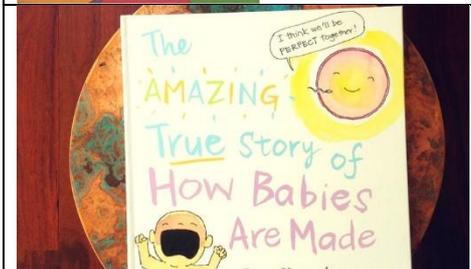
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	<p><i>Made With Love: How Babies are Made by Katy Petty</i> In this informative and friendly picture book, children can find simple answers to all the big questions about how they came to be born . . . How did I get into your tummy? How did the egg and sperm turn into me? What did I eat when I was inside Mum? The conversational text, clear explanations and child-friendly artwork make this a helpful book for all curious children and their parents.</p>
	<p><i>The Amazing true story of how babies are made by Fiona Katauskas.</i> It is a very direct straightforward look at how babies are made, which means it gives a pretty good description of the many different ways that babies are made. There are some rather detailed images of sexual intercourse (a penis going into a vagina).</p>
	<p><i>It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends</i> <i>It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health</i> <i>It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families</i> Robie H. Harris writes fantastic books, and these 3 books are what I would call an encyclopaedia of what kids need to know at the different stages of sexual development. These are the sort of books that your kids will take and disappear off to the bedroom with to read alone. Parents love them as well! You can read them together with your child, and I would recommend breaking them down into chapters. There is a lot of information in these books and they are updated regularly.</p>

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Puberty books to promote discussions and help with home learning.

	<p>Hair in Funny Places by Babette Cole. It is highly entertaining and a light hearted look at the fact that one day your child's body will start to change to that of an adults. This is a first book that you can use to start introducing the subject of puberty, for kids between the ages of 5-10.</p>
	<p>What's Happening to Me? (Facts Of Life) They have a girls and boys edition. A sensitive, detailed and informative guide to female and male puberty. These books will prove invaluable for both young girls, boys and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters.</p>
	<p>Growing up for girls by Felicity Brooks. Growing up for boys by Alex Frith. This book prepares girls and boys for what to expect from puberty and offers advice on what they can do to cope with the emotional, psychological and physical changes and stay happy and confident as they go through their early teens. It covers all the topics that they want to find out about including: moods, periods, what happens to boys/girls, diet, eating disorders, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress, cyberbullying, and staying safe - both out and about and online.</p>

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