

Dear Parents and Carers of Year 4 and Year 5 pupils,

As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, became part of the National Curriculum in September 2020. Our PSHE (Personal, Social, Health and Economic Education) & RSE (Relationships and Sex Education) Policy is on our website for your attention. Teaching children about puberty is part of the curriculum and is a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand.

As part of our school's wider Personal, Social, Health and Economic Education programme, your child will soon receive lessons on how the human body changes during puberty, personal hygiene and emotions and feelings.

Lesson content-

PUBERTY: TIME TO CHANGE:

Focuses on some of the external changes that happen to the body. During the lesson, children will be revisiting the vocabulary for male and female body parts, including genitalia. Whilst we may highlight that children and adults sometimes use lots of different words for genitals, in our lessons we will use anatomic (scientifically correct) words.

PUBERTY: MENSTRUATION :

Focuses in more detail on some of the external and internal changes that happen to the female body including learning to name female genitals correctly and about the menstrual cycle.

PUBERTY: WET DREAMS

Focuses in more detail on some of the external and internal changes that happen to the male body including learning to name male genitals correctly, erections and wet dreams.

PUBERTY: PERSONAL HYGIENE:

Helps children to recognise the importance of personal hygiene during puberty, and to consider some of the questions young people may have about the physical changes at puberty.

PUBERTY: EMOTIONS AND FEELINGS:

Focuses in more detail on some of the emotional changes that may take place during puberty and outlines some of the changes that may occur in friendships and other relationships.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.



As a school community, we are committed to working in partnership with parents; the DfE guidance states that 'recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme.'

We would like to invite you to an information meeting to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home. It will also provide an opportunity to speak with Mr Jones or Mr Roberts should you have any concerns you wish to discuss further.

The meeting will be held on Monday 1st July 2024 at 5pm in the Y5/6 classroom. Please contact Mr Jones/Mr Roberts through dojo to confirm your attendance.

Yours Sincerely,

Mr Jones, Mr Roberts and Mrs Yeaman (PSHE LEAD)