



Year 5 RSE Curriculum

Dear Parent/Carer,

In the final term of this academic year, as part of our Science and PSHE Curriculum, Year 5 will receive lessons on relationships, sexual health and puberty. The purpose of Relationship and sex education (RSE) and health education is to provide knowledge and understanding of how the human body develops all within the context of relationships based on love and respect.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The RSE programme includes video clips and input from the class teacher. All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner. This year, RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the Science curriculum. Lessons will be primarily taught by the class teacher ensuring the positive relationship between pupils and their teachers is maintained for an open and honest discussion of the RSE topics.

The Year 5 programme, which all children take part in, will cover:

- Friendships
- How a baby grows and develops
- Changes that happen during puberty
- Menstruation
- Personal hygiene
- Managing emotions

You are welcome to contact your child's class teacher to discuss the programme further.

Yours in partnership,

Mrs Humphries, Year 5 Lead
Mrs Bennett, Science Lead
Miss Constable, PSHE Lead