



Relationships, Sex and Health Education - Year 5

Information for Parents

During the summer term, children in Year 5 will be undertaking the unit 'Growing and Changing' in our Relationships, Sex, Health and Education (RSHE) programme. The purpose of this letter is to highlight to you what we will be covering so you can support your child at home.

During the unit of work, children will learn about puberty, change and becoming independent. This will include:

- learning about the physical and emotional changes during puberty including identifying external genitalia and reproductive organs
- key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams
- about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes
- how to recognise, respect and express their individuality and personal qualities
- ways to boost their mood and improve emotional wellbeing
- about the link between participating in interests, hobbies and community groups and mental wellbeing

The resources we use to teach this (lesson plans, presentation slides, group activities) are recommended by the PSHE Association and are available on our school website if you would like to see these. Alternatively, please speak to a member of staff if you would like to have a look.

At Sutton Bonington, we believe that our teaching methods and the resources we use are appropriate to the age group of children it is intended for. Learning about puberty, reproduction and conception in the primary phase is essential to ensure that children know the accurate facts before going to secondary school and to ensure that children understand why the body changes in adolescence and approach this change with confidence.

All of the content taught in Year 5 falls under the remit of the National Curriculum for Science, and statutory Relationships and Health Education and so all children should take part in the sessions.

If you have any questions, please speak to your child's class teacher.

Sutton Bonington Primary School