



*Love* one another  
as I have loved you  
John 15:12

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Dear Parents/Carers,

### **Year 5 'Growing and Changing' RSHE unit (Relationships, Sex and Health Education)**

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

Over the next half term, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships, sex and health education (RSHE) aspect of our PSHE programme to Year 5 children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The lessons delivered to our pupils will focus on body changes and keeping safe. Your Year 5 child will be exploring these themes by examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls' and boys' bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond to unwanted physical contact?
- How can I say 'no' to someone and keep myself safe?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

During these lessons, correct vocabulary will be taught and shared with your child. Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSHE, and we encourage you to look at this [parent's support page](#) for further support and ideas.

If further advice/support is required, or you have any questions about the programme, please do not hesitate to speak to your child's class teacher.

Yours sincerely,

Hannah Cole  
Headteacher

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