

May 2026

Dear Parent/Carer,

Year 5 Relationships Education and Health Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHCE. As part of our programme, we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home. We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available on the school's website.

We will shortly be beginning some work in Year 5 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, some Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- **What are male and female sexual parts called and what are their functions?**
- **How can I talk about bodies confidently and appropriately?**
- **What happens to different bodies at puberty?**
- What might influence my view of my body?
- **How can I keep my growing and changing body clean?**
- **How can I reduce the spread of viruses and bacteria?**

Bold from either of the statutory areas, Relationships Education or Health Education

We encourage you to discuss these areas with your children before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.

These are some useful sources of support:

To read the government guidance for Primary parents/carers on RSE, follow this link

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

For information on talking about RSE to your children, try

www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/>

You have the right to withdraw your child from the elements of our programme defined as 'Sex Education' i.e. learning about human conception and birth. There are no elements defined as sex education in Y5. Please contact your child's class teacher or Kate Dowdall if you would like to discuss this or any issues relating to our work on PSHCE, RSE, or to find out more about the lessons.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

Yours sincerely,

Kate Dowdall
Deputy Headteacher