



24.05.2024

Dear Parents/Carers,

Year 5 PSHE Safety and Changing Body

Within PSHE, we will be shortly starting our Safety and Changing Body topic, which forms an important part of our curriculum. As of September 2020, it is now statutory for schools to teach Relationships and Health Education.

We revised our curriculum to ensure we include all the statutory requirements and cover a range of topics in an age-appropriate way to enable children to make sense of the physical and emotional changes that are happening to them, as well as helping them to keep themselves healthy and safe.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk your child about issues before the work is covered in school.

The following content will be delivered to the children in Year 5:

- Online friendships including the impact of their actions
- Staying safe online
- Physical changes during puberty
- Understanding the menstrual cycle
- Understanding emotional changes during puberty
- First Aid – bleeding and head injuries
- Alcohol, drugs and tobacco – making decisions

The school nurses will be supporting the teaching of RSE by delivering a session focussing on: Introduction to Puberty, body changes and hygiene on 13<sup>th</sup> June.

Further information regarding our PSHE and RSE curriculum can be found on the PSHE tab on our school website. If you have any concerns or questions regarding the content that will be taught, please contact school and we will make this available. Otherwise, we will assume you are happy for your child to receive the full programme of lessons.

Yours sincerely,

Mrs Horton  
Headteacher

