



28/04/2025

Dear Y5 Parent/Carer,

As part of the school's Personal, Social and Health Education programme, during the summer term your child will receive lessons on relationships, health, hygiene and puberty.

Nowadays there is a vast amount of, sometimes confusing, information about relationships on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated!

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop knowledge and understanding which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood.

If young people can start their transition into adulthood with 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 key aims of RSE are to:

- 1 Provide accurate and relevant information about the physical, social and emotional changes that children and young people will experience through their formative years and into adulthood.
- 2 Establish an awareness of the importance of positive relationships.
- 3 Foster self-awareness and self-esteem.
- 4 Develop a sense of responsibility and respect for themselves and others.

Kind regards,

Year 5 Team

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Learning Trust Alliance Teacher Training Teaching School Hub

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