



15th May 2024

Dear Parent/Carers of Year 5

Relationships and Sex Education (RSE) in Year 5

As part of our PSHE Curriculum ([SCARF](#)), Year 5 will be taught about growing up and changing bodies next term. Lessons will be taught by Mrs Russell and will begin on Friday 8th June. The lessons will focus on the following content:

LESSON 1: All Change!	Identify parts of the body that males and females have in common and those that are different Know the correct terminology for their genitalia Understand and explain why puberty happens
LESSON 2: Preparing for changes at puberty	Know the key facts of the menstrual cycle Understand that periods are a normal part of puberty for girls Identify some of the ways to cope better with periods
LESSON 3: Growing Up and Changing Bodies	Identify some products that they may need during puberty and why Know what menstruation is and why it happens
LESSON 4: Changing Bodies and Feelings	Know the correct words for the external sexual organs Discuss some of the myths associated with puberty
LESSON 5: My Changing Body	Recognise that babies come from the joining of an egg and sperm Explain what happens when an egg doesn't meet a sperm Understand that for girls, periods are a normal part of puberty
LESSON 6 – Sex Education: Making Babies	Identify the changes that happen through puberty to allow sexual reproduction to occur Know a variety of ways in which the sperm can fertilise the egg to create a baby

Year 5 parents are all invited to discuss these RSE lessons and see the video and resources used in the sex education lesson (Making Babies) at 4.30pm on Thursday 23rd May in the Year 5 classroom. If children need to be at school whilst parents are in the meeting, there will be adult supervision in the Learning Zone.

Parents have the right to withdraw their child from the sex education (Making Babies) aspect of the RSE Curriculum and should put their request in writing using appendix 3 of our [RSE Policy](#). Requests for withdrawing children from this lesson should be sent to the school office by Monday 3rd June 2024.

If you have any questions before the meeting on Thursday 23rd May, please do contact Mrs Knock (PSHE Subject Leader) or me.

Best wishes

Rachel Jewitt
Headteacher