



Head Teacher

Miss Emma Churchman

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Dear Parents,

Year 5 Relationships, Sex and Health Education

On Tuesday 2 July in the morning, the children in Year 5 will be completing their Relationships, Sex and Health Education for this year.

The areas which we will cover are:

- What happens during puberty
- How boys' bodies grow and develop, including wet dreams
- How girls' bodies grow and develop, including menstruation
- Understanding how the media portray body image
- Different family structures

As well as the opportunity to discuss and ask questions, the children will watch clips and complete appropriate tasks with the aim of increasing their understanding and encouraging them to ask questions when they are unsure.

If you would like to view the materials being used, I would be happy to share these upon request.

If you have any further questions regarding PSHE, please contact the school office and I will endeavour to answer your questions as best that I can.

Thank you for your continued support,

Miss Scrutton

Silver Studded Blues Class Teacher