

Love of Learning, Bright Futures, Happy Memories



HEACHAM JUNIOR SCHOOL

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Dear Parents/Carers,

YEAR 5 PSHE CURRICULUM – SUMMER TERM

As a part of your child's education, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the next term, starting in June, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. This programme will be taught in an age-appropriate and structured way. Lessons in year 5 will include pupils learning about: self-esteem, self-image and body image. They learn that we all have perceptions about ourselves and others, and these may be right or wrong. They also reflect on how social media and the media can promote unhelpful comparison and how to manage this. Puberty is revisited in further detail, explaining bodily changes in males and females. Sexual intercourse is explained in slightly more detail than in the previous year. Children are encouraged to ask questions and seek clarification about anything they don't understand.

Further details about pregnancy are introduced including some facts about the development of the foetus and some simple explanation about alternative ways of conception, e.g. IVF. Children learn that having a baby is a personal choice. Details of contraceptive options and methods are not taught as this is not age-appropriate. Reasons why people choose to be in a romantic relationship and choose to have a baby are also explored. Children look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities. They also consider the perceptions that surround teenagers and reflect whether they are always accurate.

The teaching of Relationships Education and Health Education (which includes learning about the changing adolescent body and puberty) is a legal requirement for all schools and parents will not be able to withdraw their child from any aspect of Relationships Education as it is important that all children receive this programme, covering topics such as friendships and how to stay safe. Sex Education is not statutory in primary schools but schools are expected to provide a programme of age appropriate sex education. Parents have the right to request to withdraw their child from any aspects of Sex Education other than those which are part of the science curriculum.

If you have any questions about the content of these sessions, please do get in touch with your child's class teacher. We are happy to share resources used with you upon request.

Yours sincerely,

Louise Jackson
Executive Headteacher

EXECUTIVE HEADTEACHER
Ms L Jackson

EXECUTIVE DEPUTY HEAD
Mrs E Hunt

ASSISTANT HEAD
Ms C Enters

