



17.05.2022

Dear Parents/Carers,

Year 5 PSHE Changing Me

Within PSHE, we will be shortly starting our Changing Me 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 vocabulary will be delivered to the children in Year 5

Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries
Vagina Oestrogen Vulva Womb/Uterus Sperm Semen Testicles/Testes Erection Ejaculation
Wet dream Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy
Embryo Umbilical cord Contraception Fertility treatment (IVF).

There is an exception to the Year 5 RSE curriculum – Lesson 4. This lesson covers the topic of conception. You can request that your child is opted out if you feel it necessary. Please contact the school office via telephone or email.

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 Jones
PSHE lead

