



The Eliot Bank and Gordonbrock Schools Federation



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Dear Parents and Carers of Year 5,

As part of our aim to help our children be healthy, safe and responsible, we teach Personal, Social and Health Education (PSHE) lessons. Relationships and Health Education is also now compulsory in all primary schools and we teach this as part of PSHE. This term, we will be teaching lessons covered by our Relationships and Sex Education (RSE) Policy.

In Year 5, we will cover the following objectives:

- to explore the emotional and physical changes occurring in puberty
- to understand male and female puberty changes in more detail
- to explore the impact of puberty on the body and the importance of physical hygiene
- to explore ways to get support during puberty

All elements of our PSHE lessons are taught in an age-appropriate and sensitive way. Teachers are fully aware of the need for religious, family and cultural sensitivity and respect the backgrounds of all our children. Please visit our school website to read our Relationships and Sex Education policy. If you have any outstanding questions, please make contact with your child's class teacher.

Yours sincerely,

Andrea Osmond
Deputy Head for Curriculum and Assessment

