



Dear Parent / Carer,

This half term, Year 5 will be taught about '**Growing and Changing**' including Relationships and Sex Education in your child's PSHE lessons. These lessons encompass **growing up, physical and emotional changes and puberty**.

Teachers will deliver lessons following the kite marked 'I decision programme' and use the accompanying video (s) and worksheet resources. This is fully outlined in our PSHE Curriculum and year group knowledge organisers. These are available to view on the School website.

Children can start to go through puberty from the age of 8 and the physical and emotional changes that take place can be very confusing and even frightening, if they do not accurately understand what to expect. Children need support to make sense of the messages they may have picked up (including the media, TV, magazines and the Internet) about our bodies, puberty and how relationships work. Being aware of this and being able to talk about their body, relationships and feelings are essential for children to stay safe, healthy and informed to make appropriate choices as they transition into adulthood.

If you have any questions regarding this, please don't hesitate to get in touch.

Thankyou in anticipation for your support.

Kind Regards,

Mrs N Burrows

PSHE Curriculum Leader

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