

3 July 2026

Our ref: Off1/Yrgrp/Y5/PSHE25-26/DW

TO: **All Year 5 Parents/Carers**

Dear Parents / Carers

RE: Boxgrove PSHE & RSE Programme in Year 5

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) course. This looks at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE course is to help our pupils make safe and informed decisions during their school years and beyond. Relationship and Sex Education (RSE) is an important part of the PSHE course.

During the **week beginning the July 6**, we will be teaching lessons about RSE which will include the following topics:

1. To explore the emotional and physical changes occurring in pubertyLearning Outcomes

- Explain the main physical and emotional changes that happen during puberty
- Ask questions about puberty with confidence

2. To understand male and female puberty changes in more detailLearning Outcomes

- Understand how puberty affects the reproductive organs
- Describe what happens during menstruation and sperm production

**3. To explore the impact of puberty on the body and the importance of physical hygiene
To explore ways to get support during puberty**Learning Outcomes

- Explain how to keep clean during puberty
- Explain how emotions/relationships change during puberty
- Know how to get help and support during puberty

We teach this unit now so that the children learn about the upcoming changes that will occur during puberty, so that they are well educated before any changes happen to their own body. It is extremely important that children understand how their body is changing.

During the course, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Some parts of RSE are compulsory - these are part of the National Curriculum for Science (physical changes, human life cycle). Parents can withdraw their children from other parts of RSE (emotional changes) if they wish to do so. However, we believe that it is important that all young people have a place to discuss pressures, check

facts and dispel myths. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all children will have the opportunity to take part in our carefully planned lessons.

Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home discussions and teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting us at school. All materials used are available for you to browse through should you so wish.

Yours sincerely



Alison Fitch
Headteacher



Rebecca Stacey
Headteacher

David Woodcock
Year 5