



COPNOR PRIMARY SCHOOL

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Tuesday 24th January 2023

Dear Parent/Carer,

RSE for Year 5

Next half term, we will be teaching our unit on Relationships & Sex Education (RSE). Our policy and curriculum have been adjusted in response to the feedback from the RSE Consultation Form that was sent out to parents, governors and staff last month. This has enabled us to reach a general consensus about how we deliver the statutory requirements, outlined by the Department of Education.

We will be completing this unit throughout the half term where children will take part in 4 planned lessons, across two mornings (dates to be confirmed). These lessons will focus on what puberty means and when humans experience puberty. This should help to ensure that pupils' physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies, their emotions and understand how to keep themselves safe.

Providing accurate information about the physical and emotional changes that take place during puberty is extremely important. By understanding their bodies and the changes they will experience, pupils will be confident in knowing how to respect and care for their own bodies. The opportunities to explore changing feelings will ensure that they are prepared for adulthood and will lay down the foundation for more complex learning on sexual and reproductive health later in their school life.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

We have uploaded all the resources we use to the school website so you have the opportunity to view these and ask your child's class teacher any questions you may have.

The key aims of our RSE lessons are to:

- identify some of the physical changes that happen to bodies during puberty
- explain that puberty begins and ends at different times for different people
- use scientific vocabulary for external male and female body parts/genitalia

The RSE lessons include a variety of activities, video clips and input from the class teacher. All teaching materials are appropriate to the age and emotional maturity of the pupils concerned, and we aim to present the programme in an objective, balanced and sensitive manner. The children will also have many opportunities to ask questions (this can be done anonymously if your child feels more comfortable with this).

Thank you for your continued support and if you have any questions, please do not hesitate to contact any member of the Year 5 team.

Yours sincerely,

Year 5 Team