



1 February 2019

Dear Parent/Carer,

Year 5 – Sex and Relationship Education

At Etonbury Academy, one of the aims of our Personal, Social, Health, Citizenship Education (PSHCE) curriculum is to promote well-being and effective health education for all of our Primary students.

Integrated into our PSHCE programme is the essential aspect of SRE (Sex and Relationship Education) because students need to develop their understanding of relationships, sex and sexual health.

After February half term, as part of PSHCE lessons, pupils will be receiving their Relationships and Sex education lessons. These lessons are designed to ensure that all pupils gain knowledge within a safe and secure environment. We encourage pupils to develop their confidence in talking about their own feelings and relationships while actively listening to others.

These lessons allow pupils to be prepared for puberty before they start to experience the physical and emotional changes that it will bring. There will also be links to Human Reproduction so they understand why their bodies are changing. Students will learn about:

- How their body will change as they approach and move through puberty which will include talking about: Breasts, Menstrual Cycle – periods, Spots, Pubic Hair, Body Odour, Penis and Testicles.
- Students will also explore the emotional side to puberty with discussions on mood swings, hormones and angry outbursts.

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 these issues before the work is covered in school. Either way we find that these sessions are further enhanced when parents follow them up at home.

If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me.

Yours sincerely,

Mrs T Gant
Subject Lead PSHCE

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