

# ALL SAINTS' CHURCH OF ENGLAND PRIMARY SCHOOL

Dogsthorpe Road, Peterborough PE1 3PW Telephone: 01733 563688



Headteacher: Mrs R Hutchinson

Deputy Headteacher: Mr D Roberts

Email: [office@allsaints.peterborough.sch.uk](mailto:office@allsaints.peterborough.sch.uk) Website:  
[www.allsaints.peterborough.sch.uk](http://www.allsaints.peterborough.sch.uk)



*Loving to learn, learning to love*

Dear Parent/Carer,

## Re: Year 5 Relationships Education and Health Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available from the website.

We will shortly be beginning some work in Year 5 about '**Growing and Changing**'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of some Relationships Education and Health Education. All RSE lessons in Year 5 will be taught by the class teachers in single gender groups.

Your children will be engaging with the following areas as part of this work:

- **Week 2 WB 14/06/21**
- **To know the names of the male and female external private parts**
- **To understand the meaning of 'private' in relation to personal safety.**
- We will be using the NSPCC 'Pantosaurus' song. You can view it at: <https://www.youtube.com/watch?v=-IL07JOGU5o>
- We will be focussing on what private means, and 'what is under our pants is private'
- For further information, you may also want to refer to:
- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>
- **Week 3 WB 21/06/21**
- **To recognise and identify how they have changed both physically and emotionally since they were babies**
- **To introduce the term 'puberty' as a time when their body begins to develop and change as they move from a child to an adult.**
- In this session, we will be thinking about how they have changed in terms of appearance and personality and what they can do now that they could not do before, and how some of the changes they could control but some of the changes they could not control. This will lead us into introducing 'puberty' as the next stage of changes they will go through.
- We will read part of the story 'Zagazoo' by Quentin Blake to demonstrate how we go through different stages. For more information about the part of the story we will read, please refer to this link <https://www.youtube.com/watch?v=dNNpG2AXuFo> (stop at 3 minutes 52 seconds)
- **Week 4 WB 28/06/21**
- **To know and understand about some of the physical changes that take place at puberty and how to manage them**
- In this session we will discuss how changes are triggered by chemicals in our body called hormones. Explain how hormones are activated at different times for different people and that this is the reason why changes at puberty occur at different rates in both males and females.
- The children will only be learning about some of the changes that their body will go through and not the opposite gender at this stage.



# ALL SAINTS' CHURCH OF ENGLAND PRIMARY SCHOOL

Dogsthorpe Road, Peterborough PE1 3PW Telephone: 01733 563688



Headteacher: Mrs R Hutchinson

Deputy Headteacher: Mr D Roberts

Email: [office@allsaints.peterborough.sch.uk](mailto:office@allsaints.peterborough.sch.uk) Website:  
[www.allsaints.peterborough.sch.uk](http://www.allsaints.peterborough.sch.uk)



## *Loving to learn, learning to love*

- **Week 5 WB 05/07/21 Girls Only Lesson**
- **To know and understand about some of the physical changes that take place at puberty and how to manage them**
- In this session, we will focus on menstruation, another change that girls will go through during puberty. We will talk through what periods are and when they start- focussing it on changes in hormone levels in their body and that it is nature's way of preparing their body for when they are older. Also that they are nothing to feel embarrassed about.
- **In Year 5, no reference will be made to any aspects of reproduction linked to menstruation e.g ovaries, eggs, fallopian tubes. This is taught in Year 6 as part of the Non- Statutory Sex Education aspect of RSE.**
  
- **Week 6 WB 12/07/21**
- **To recognise what might influence their view of their own body?**
- **To understand how the media, families and friends can influence attitudes to their bodies.**
- In this session we will be thinking about the concept of body image and explain that body image is the way we see our bodies and the way we think other people see our bodies.
- We will explore the influence of the media and what is meant by stereotypes.
- We will discuss how we can think and feel positively about ourselves by leading healthy lifestyles, and how we should all try to be positive and say kind things to each other about our personal qualities rather than focusing on personal appearances.
  
- **Week 7 19/07/21**
- **To know about aspects of personal hygiene relevant to some aspects of puberty and the implications of these.**
- **To understand how to reduce the spread of a wider range of viruses and bacteria**
- In this session, we will discuss what is meant by Personal Hygiene and how we can look after our bodies and that keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!
- We will explain that during puberty certain areas of our bodies need washing more frequently due to changes in hormone levels as discussed in weeks 3 & 4.
- We will also discuss ways in which they can stop infections from spreading.

We encourage you to discuss these areas with your child before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.

### **There are no elements defined as sex education in Year 5.**

Please contact the Head Teacher if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact a teaching member of staff in year 5 via the office.

Yours faithfully,

