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Friday, 5th June 2026

Dear Parents and Carers,

PSHE Unit 'Changing Me' – Years 4, 5 & 6

We are sending you this information letter as part of our Relationship, Sex and Health Education policy, where we have outlined how we teach this statutory content. As part of their Personal, Social, Health and Economic Education, your child will be exploring changes that will happen to their bodies as they grow. These sessions will be led by adults well known to the children.

We have outlined the topics we will cover below:

1. Puberty and changes: understanding how and why the body changes.
2. Communication in relationships: understanding the importance of respectful communication.
3. Online relationships: understanding online communication.
4. Respect and equality: developing healthy, respectful relationships.

Each year group will cover this in the ways outlined below:

Year 4: Being unique, confidence in change, menstruation, accepting change.

Year 5: Self and body image, influence of online and media on body image, growing responsibly, coping with change, changes in puberty .

Year 6: Self-image, body image, puberty and feelings, respect.

If you require a copy of our Relationships, Sex and Health Education Policy, please contact the office who will happily provide you with a copy of this. The policy can also be found on the school website. We have a responsibility to teach Sex and Relationships Education and aim to cover all topics sensitively and, in an age-appropriate manner. Teachers will be happy to provide you with more information about the topics covered if you require it.

Science Lessons – Animals Including Humans – Human Reproduction

As part of their Science unit this term, children in Years 5 and 6 will learn about how mammals reproduce. This unit will include one lesson in Year 5 about conception and one lesson in Year 6 about conception to birth.

Please contact the school if you would like further information on any of these elements or have questions about them.

Kind regards,

Mrs Taylor
Assistant Headteacher

'Believe, Achieve, Succeed'

