

# Peel Common Primary School

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**Deputy Headteacher:** Miss Lucy Kingswell  
**Administrative Officer :** Mrs Tracy Barker

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Dear Parent/Carer

Over next term in Year 5, our PSHE lessons will be covering the Relationship and Sex Education (RSE) elements of the curriculum. This statutory learning will focus on the theme of puberty and change for pupils including the external and internal changes. We will also focus on the emotional changes associated with puberty, the impact of these on friendships and relationships and the importance of personal hygiene at this time.

Below are the learning objectives that will be covered as part of this unit:

- Identify and describe some of the physical changes that happen to bodies during puberty and how to manage these
- Explain that puberty begins and ends at different times for different people
- Use scientific vocabulary for external male and female body parts/genitalia
- Explain what happens during menstruation (periods)
- Explain what is meant by ejaculation and wet dreams
- Explain how and why it is important to keep clean during puberty
- Describe ways of managing physical change during puberty
- Respond to questions and give advice to others about puberty
- Describe how emotions and relationships may change during puberty and identify the range of feelings associated with change.
- Explain where we can get the help and support we need in relation to puberty.

Throughout this unit, we will continue to spend time establishing a safe learning environment for both pupils and adult staff in the classroom. This helps pupils to feel comfortable about sharing feelings, exploring values and attitudes, expressing opinions, and considering the views and opinions of others without fear of negative feedback. An 'Ask-it Basket' question box or bag will be placed in the classrooms to encourage pupils to ask questions with anonymity and without embarrassment.

- Anyone can use it to post a question, at any time and as many times as they want.
- Questions can be anonymous, or they can put their name on their question so the teacher can follow it up with them individually.
- Only the teacher will see the questions, unless there are significant issues about a pupil's safety or wellbeing that need to be shared with others.
- Questions raised will be dealt with in the following lesson (or sooner if relevant to a pupil's safety and wellbeing).
- Depending on the nature of the question, some responses may be answered as part of a small group session or one-to-one and will be treated anonymously so no-one knows who asked the original question.



As stated earlier in this information, these lessons will form part of the children's statutory learning in Relationships and Sex Education. It is important for you as parents and carers to be aware of this coverage so that you can be prepared for any questions/information children might choose to share at home during this time. Please contact the office if you require any further information or have any questions.

Thank you for continued support.

Mrs Hamer  
Year 5