



'Our Best at all Times'

Headteacher: Mrs Mitzi Nichol

Dear Parents and Carers

PSHE (Personal, Social and Health Education) is the curriculum subject that gives children the knowledge, understanding and practical skills to live safe, healthy, productive lives and meet their full potential. As part of our PSHE program, we will be delivering Relationships Sex and Health Education lessons (RSHE) to the children in Y5. This will begin to take place after half term.

The lessons will cover:

- Changing bodies- puberty
- Emotional changes – how thoughts and feelings may change during puberty
- Understanding the influences around us that affect body image and the way that we see ourselves
- Relationships- understanding what a loving relationship is and the many types of relationships
- Explore positive and negative ways of communicating in a relationship
- Sexual relationships
- Human reproduction

As in previous years, the year group will be split into boys and girls to deliver these lessons.

We will follow lessons from the Jigsaw Scheme of Work which we use for all of our PSHE lessons. All resources are fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association.

A guide for parents about Relationships Sex and Health Education can be found on our website under the Curriculum and Assessment, PSHE/RSHE. On our website also is our Relationships Sex and Health Education Policy. Please note, if you would like to withdraw your child from the non-statutory components of sex education only within RSHE, please complete the form at the end of the policy and return to Mrs Nichol.

If you have any questions, email the Y5 team: y5@stillnessjs.lewisham.sch.uk

Yours sincerely

The Y5 Team

