



St. Andrew's CEVA Primary School  
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NN3 5EN  
Tel: 01604 406486

Mrs V Griffiths  
Head Teacher

**‘With God ALL Things are possible’ Matthew 19:26**

January 2024

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 Education and Health Education, which are statutory parts of the broader subject, PSCHHE (Personal, Social, Citizenship, Health and Economic Education). 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 'Safety and the changing body'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school.

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

What are the life process of reproduction in some plants and animals?\*

What are the main stages of the human life cycle?\*

**What are male and female sexual parts called and what are their functions?**

**How can I talk about bodies confidently and appropriately?**

**What happens to different bodies at puberty?**

What might influence my view of my body?

**How can I keep my growing and changing body clean?**

**How can I reduce the spread of viruses and bacteria?**

***Bold*** from either of the statutory areas, Relationships Education or Health Education

***\*Part of the National Curriculum for Science***

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

These are some useful sources of support:

To read the government guidance for Primary parents/carers on RSE follow this link

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/812593/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf)

For some ideas on KS2 PSHE topics visit:

<https://www.bbc.co.uk/teach/ks2-pshe/zbrg7nb>

For information on talking about RSE to your children, try

[www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/](http://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/)

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>

The 'pants' rule:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

You have the right to withdraw your child from the elements of our programme defined as sex education i.e. learning about human conception and birth. There are no elements of non-statutory sex education taught in Year 5. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact your child's class teacher.

Yours sincerely,

S Hodson

Mrs. Hodson  
(PSHE Lead)