

Tuesday 22<sup>nd</sup> May, 2018

Dear Parent/Carer,

As part of the National Curriculum for Science we will be studying a unit of work on Relationships and Sex Education (RSE) in the week beginning 25<sup>th</sup> June.

In March 2017, the Government announced that 'Relationships and Sex Education' will soon become mandatory in all schools including academies, in England. **In primary schools, the emphasis will be on teaching children about safe and healthy relationships and staying safe.**

We are using The Christopher Winter Project, an award-winning education programme widely used in the teaching of RSE in primary schools. Lessons are pitched appropriately to the age, ability and maturity of the children. They build on learning from previous years and revisit topics each year to cover them in greater depth.

RSE is taught using games, storybooks, circle time and question box activities, drama, role-play and puppets. It is recommended and recognised as far more beneficial to pupils to receive RSE throughout primary school, rather than leaving it until Year 6. Effective RSE can make a significant contribution to the development of the personal skills needed by the pupils if they are to establish and maintain relationships. It also enables young people to make responsible and informed decisions about their health and well-being. More information can be found at: [cwpresources.co.uk/home/resources/RSE\\_pri](http://cwpresources.co.uk/home/resources/RSE_pri)

At Mount Charles School we believe that RSE is important because it encourages children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

In Year 5 we will be starting our RSE topic in the week beginning 25<sup>th</sup> June. Our unit of work will be completed over three lessons. Below is the outline of what we will learn about in each session:

### Learning Intention Lesson 1

To explore the emotional and physical changes occurring in puberty

### Learning Intention Lesson 2

To understand male and female puberty changes in more detail (this will include the menstrual cycle)

Understand how puberty affects the reproductive organs

Describe how to manage physical and emotional changes

### Learning Intention Lesson 3

To explore the impact of puberty on the body & the importance of hygiene.

To explore ways to get support during puberty.

Please do not hesitate to get in touch if you would like further information or if you have any concerns. If you do not want your child to be involved in the sessions, please notify us via email or in a letter.

**The Year 5 Team**

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