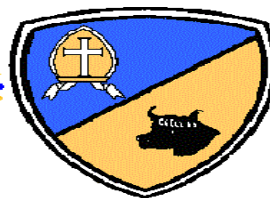


ST. LUKE'S CHURCH OF ENGLAND PRIMARY SCHOOL



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22 September 2025

Dear Parent/Carer,

Year 5 PSHE and Relationships Programme

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through Personal, Social and Health Education (PSHE). This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On **Wednesday 1st October** will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) into our school to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Year 5. This programme is designed to help children prepare for the changes that take place, both physically and emotionally during puberty, as they enter their adolescent years. The design of the programme has taken into account the requirements of statutory guidance, up-to-date best practice guidance, and the needs of our children.

There will be a session at 8:45am in the morning for parents to meet the educator, view resources and ask any questions they may have. This will take place in the Library (entry through the external Library door at 8:45am). It would be great to see you there.

The lessons delivered to our pupils will focus on body changes and keeping safe. They will be taught in same sex groups. Your child will be exploring these themes by examining the following:

- Understanding the changes that place during puberty for both boys and girls so that children can approach these changes with confidence
- The products that they may need during puberty and why
- What menstruation is and why it happens
- Naming the reproductive organs
- Dispelling some of the myths associated with puberty
- Developing resilience to deal with situations they may face as they reach puberty
- Identifying ways of managing situations

Teaching about puberty is part of the Science National Curriculum. The curriculum states the statutory requirement that: "Pupils should be taught to describe the changes as humans develop to old age." In addition, teaching about puberty is an integral part of the Programmes for Study for Science in Key Stage 2 which states that: "Pupils should draw a timeline to indicate the changes in the growth and development of humans. They should learn about the changes experienced in puberty."

It should also be noted that from September 2020 the subject of puberty became part of a new statutory subject: Health Education. The DfE's statutory guidance states that pupils should know "Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes (and) about menstrual wellbeing including the key facts about the menstrual cycle."

Appropriate questions that arise from the children during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

We recognise that parents play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well. If further advice or support is required please do not hesitate to speak to your child's class teacher or the Head teacher.

Yours Sincerely

Mrs H Beechey

PSHE Subject Leader



SCHOOL
MEMBER

