



**CHESSWOOD JUNIOR SCHOOL**  
***Home of Bright Sparks***  
Chesswood Road Worthing West Sussex BN11 2AA  
**Head Teacher: Mr Andrew Jolley**



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10 December 2019

Dear Parents and carers,

**Re: Year 5 - Sex and Relationships Education**

During Spring term, we will be learning about the changes as humans develop.

The science National Curriculum requires that in Year 5, pupils should be taught to:

- Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird.
- Describe the life process of reproduction in some plants and animals.
- Describe the changes as humans develop to old age.

The Department for Education also requires that, at primary school level, sex and relationship education should contribute to the foundation of PSHE by ensuring that all children:

- Develop confidence in talking, listening and thinking about feelings and relationships;
- Are able to name parts of the body and describe how their bodies work;
- Can protect themselves and ask for help and support; and
- Are prepared for puberty.

We will therefore be covering the following topics –

- Rules and relationships - respect for each other.
- Developing confidence in talking – listening and thinking about feelings and relationships.
- Understanding how people demonstrate love and care for each other and why families are special.
- Discrimination – valuing and respecting different life-styles, including single sex partnership families, single parent families and foster families.
- Keeping safe and appropriate touching.
- Understanding changing feelings as bodies change during puberty, including mood changes and feeling different.
- Physical changes during puberty, including physical changes to body shape and size and menstruation using correct terminology.
- Healthy bodies, including the need for increased hygiene.

This topic may raise questions that link to Year 6 areas of study (Why puberty occurs and where babies come from), which we will not inform them about, in these cases, we will refer your child to ask you any questions they are seeking answers for. If you have any questions, prior to classroom delivery, please contact your child's class teacher to discuss these.

As a school, we believe these are beneficial to your children, but as a parent, you have the right to withdraw your child from some of these sessions. If you wish to do so, please could you inform your child's class teacher by Monday 6<sup>th</sup> January 2020.

Yours sincerely,

Chris Yelling  
Year 5 Leader