



Learning Today, Leading Tomorrow

Bishops Down Primary and Nursery School  
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Headteacher: Mrs C Owen

4th July 2019

Dear Year 5 Parents and Guardians

### YEAR 5 - SEX AND RELATIONSHIPS EDUCATION

The Personal, Social and Health Education (PSHE) curriculum over Term 6 includes puberty and relationship education. In year 5, pupils will learn about the following:-

- Making choices, being responsible.
- Responding to the media and advertising, stereotyping.
- Keeping myself safe and healthy.
- Growing up, understanding and coping with mood changes.
- Empathising and coping with strong feelings, considering what love is.
- Changes and puberty.

The programme offers practical guidelines for the development of self-esteem and helps children to make informed decisions about friendships, relationships and behaviour. The sessions will be taught separately – boys and girls will not be mixed.

Mrs Tizzard will be teaching boy only sessions and Miss Mackie girl only sessions. The lessons will take place over the course of the week beginning 15<sup>th</sup> July 2019.

As part of the sessions, a video will be shown. Should you wish to view the video prior to the sessions, there will be an opportunity to do so at 3.30pm on Tuesday 9<sup>th</sup> July in Redwood Classroom. We will be happy to answer any questions about how these issues are taught; you can contact us in any of the usual ways. All issues are discussed sensitively, following our published policy as well as County and National Curriculum Guidelines.

We do hope that you will support this important element of our curriculum. If for any reason you **do not** wish for your child to take part in this aspect of the curriculum, please let us know. We will assume all children will be taking part in this learning unless we hear otherwise.

Yours sincerely

Miss Mackie, Mrs Owen and Mrs Tizzard  
Year 5 Class Teachers