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16<sup>th</sup> May 2022

Dear Parents/Guardians,

As part of our science curriculum and the new statutory Health and Relationships education, throughout Term 6 we will be teaching the children about the changes that will occur in their bodies as they grow.

These RSHE lessons will be taking place from the week beginning Tuesday 7<sup>th</sup> June 2022. The areas to be covered in Year 5 are:

- Be aware of my own self-image and how my body image fits into that.
- Know how to develop my own self esteem.
- Explain how boys' and girls' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
- Understand that puberty is a natural process that happens to everybody and that it will be ok for me.
- Explain what occurs during menstruation and know how a period will affect me.
- Know what products are available to me and why I would choose these products.
- Know where to seek extra help if needed.
- Understand that sexual intercourse can lead to conception and that is how babies are usually made.
- Appreciate how amazing it is that human bodies can reproduce in these ways.
- Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).
- Be confident that I can cope with the changes that growing up will bring.
- Identify what I am looking forward to when I move to my next class.
- Think about changes I will make next year and know how to go about this.

We will be using the Jigsaw animation materials to teach these areas. These videos are of animated body parts in picture form, using biological terminology. Should you wish to view these videos before the sessions are taught, you must contact Mrs Roderick ([tanyar@seafordprimary.e-sussex.sch.uk](mailto:tanyar@seafordprimary.e-sussex.sch.uk)) before 20<sup>th</sup> May, to confirm your attendance and book an appointment.

Please be assured that this topic will be taught appropriately and sensitively and form part of both Science and RSHE. However, parents/guardians have the right to discuss and/or withdraw from specified areas of the curriculum. This must be done via consultation with one of the RSHE subject leaders (Mrs Roderick or Miss Robards). Please note this discussion must be had before Friday 27<sup>th</sup> May.

Thank you for your support.

Mrs Roderick and Miss Robards