

6<sup>th</sup> June 2023

Dear Parent/Carer,

### **Year 5 Relationships, Sex and Health Education 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 our Personal, Social and Health Education (PSHE) and Relationships, Sex and Health Education (RSHE) course, using SCARF resources from the leading children's health and wellbeing charity, Coram life Education. We look at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On 27<sup>th</sup> June, our school will be welcoming a Coram Life Education (CLE) educator to Year 5 to deliver some of the RSHE aspects of our PSHE programme to the Year 5 children.

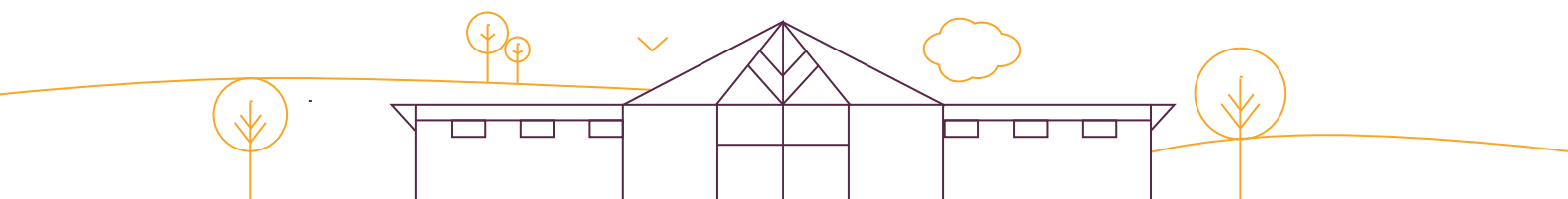
This programme is designed to help children prepare for the changes that take place, both physically and emotionally during puberty, as they enter their adolescent years. It will also help us to ensure that we cover Relationships Education and Health Education which became a legal requirement from September 2020. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

You and your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their session.

The workshop, entitled Time for Change, led by an experienced, trained CLE educator, will be delivered to our Year 5 pupils and will focus on:

- 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 (legal) 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 used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well. To further support this, there will be a virtual meeting for parents, run by CLE, to explain what will be covered in their session. This will take place on Monday 12<sup>th</sup> June at 18:00

Please find the Zoom link below.

In the interest of safeguarding, the meeting is for parents only and not suitable for your Year 5 children or any other children.

Topic: SCARF - RSE Year 5 Parents - Berrywood  
Time: Jun 12, 2023 18:00 London

Join Zoom Meeting:

<https://us06web.zoom.us/j/84976354307?pwd=WkhkVk5oWnNNZG1pRGRZeWd5RStFdz09>

Meeting ID: 849 7635 4307  
Passcode: 905728

Yours sincerely,

The Year 5 Team