



Tuesday 12th March 2024

Dear Parents/Carers,

As part of our schools PSHE curriculum, and in line with statutory government guidance, children in Year 5 will receive their Growing Up Talk and Relationships Education Talk. The education is based on national guidance and the JIGSAW PSHE programme already in the school's curriculum and is delivered by the Public Health Programmes Team (School Nurses).

This will be held on Friday 19th April 2024

The Year 5 lessons will cover the following topics:

- What happens during puberty
- The body changes that occur during puberty including correct names of female and male reproductive organs.
- The female reproductive organs and what happens during a period (menstruation) and products to use.
- The male reproductive organs including wet dreams and erections and how to manage both
- The importance of practising good personal hygiene
- How feelings, emotions and relationships change during puberty
- How to keep safe (Underpants Rule)
- Where you can get help and support

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the session in school may reinforce what you are already doing at home.

We strongly believe that withdrawing your child undermines their right to access information which is important to their health and wellbeing. **Please speak to your child class teacher if you would like to discuss the lesson content or withdraw your child from the session.** If you have any queries about the content of the lessons, or the resources used please do not hesitate to contact me.

Mrs E.Thompson

PSHE Lead

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