



**Exeter**

a learning community

Thursday 19<sup>th</sup> November 2020

Dear Year 5 Parents and Carers,

### **'Puberty and Growing Up'**

As part of the school's Science and PSHE curriculum – a compulsory part of their school education - your child will be participating in lessons on puberty, human reproduction and relationships this term. Lessons will include videos from the BBC Sex and Relationship Education resource for children aged 9-11, along with supporting class activities. The stand-alone subjects of PSHE and Science will be combined during these lessons due to the nature of the topics covered.

Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, television and in magazines which young people may have access to and this can sometimes make an already confusing time seem even more complicated. If young people can start their transition into adulthood with good, accurate information and the confidence and knowledge to understand what is happening to them, they will begin to grow into confident and healthy adults, able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you may already be doing at home.

Your child's lessons will include work about the human life cycle, male and female reproductive organs, physical and emotional changes during puberty for both boys and girls, the menstrual cycle, personal hygiene, human reproduction and relationships.

If you have any concerns or questions regarding this, please respond to this email.

Many thanks,

Miss Khan, Miss Vorster and Mr Rankin

Year 5 Team

