

Thursday 11<sup>th</sup> June 2026

## **Y5 PSHE – 'Changing Me'**

Dear Parents/ Carers,

We are writing to inform you about the upcoming PSHE lessons that will be taking place in Year 5. Starting the week beginning 22<sup>nd</sup> June (each afternoon), we will be covering topics related to puberty, sexual intercourse and relationships. These topics are an important part of Science and PSHE teaching, and we believe they are crucial for the development of our students.

During these lessons, our aim is to provide comprehensive information relating to puberty, sexual intercourse, and relationships. We will be discussing the physical and emotional changes that occur during puberty, understanding what conception is and developing an awareness of self-image and how our body fits into that.

While we understand that some parents/ carers may feel uncomfortable with their children being taught about such topics in school, it is important to note that we teach these subjects within a safe, supportive, and age-appropriate environment. They will be delivered in an inclusive manner, taking into account the diverse backgrounds and beliefs of our students.

We encourage parents/ carers to continue this conversation at home and support their children's learning journey. It is important to create an open and respectful environment where children feel comfortable discussing these topics with their families.

The year 5 team will be available after school on Friday 19<sup>th</sup> June, to discuss any queries you may have. We value your feedback and would be happy to share the Jigsaw scheme coverage with you and provide any additional information.

Thank you for your support and cooperation.

Yours sincerely,

Miss Edwards and Mrs Benko-Robbins.

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