

12th June 2026

Dear Parents and Carers

RE: RELATIONSHIPS, SEX AND HEALTH EDUCATION PROGRAMME OF STUDY IN YEAR 5

Relationships, Sex and Health Education (RSHE) is now a statutory component of the National Curriculum, which covers Emotional Health and Well Being (EHWB), Digital and Media Literacy (DML), Relationships and Sex Education (RSE) and Physical Health and Well Being (PHWB). This supports our belief that promoting the health and well-being of our pupils is an important part of their overall education. Our current scheme of work (*created by CWP resources and recommended by the PSHE Association*), teaches a diverse range of relationships and physical/emotional health topics that will equip pupils for the wider world as well as encompass all of the statutory components.

Therefore, throughout the Summer Term, we will be teaching lessons that are age specific and designed to help our pupils make safe and informed decisions during their school years and beyond. Children in Year 5 will be learning the following:

Year 5 – Puberty

Lesson 1: Talking about Puberty

Lesson 2: The Reproductive System

Lesson 3: Help and Support

During each lesson, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

As parents are the most important educators of young people in personal issues, we welcome the support that you can offer to supplement their home learning. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

We have included an overview of the lessons and resources that we are using on the school website: <https://www.blackwellprimaryschool.co.uk/rse-relationships-and-sex-education/>. Should you wish to discuss any issues that you may have, then please do not hesitate to contact your child's class teacher. Alternatively, you may like to drop into Cedar classroom directly after school on Thursday 18th June 2026 to discuss any questions that you may have with the class teachers.

Yours sincerely

Mrs Eldrett and Mrs Bell

RELATIONSHIPS AND SEX EDUCATION – FREQUENTLY ASKED QUESTIONS

What are the aims of RSHE in our school?

Depending on the age of the children and the lessons in their particular year group, we want RSHE to:

- *Develop the confidence to talk, listen and think about their feelings and relationships*
- *Develop friendship/relationship skills*
- *Develop positive attitudes, values and self-esteem*
- *Provide knowledge and understanding about puberty and the changes that will take place*
- *Provide knowledge and understanding about reproduction and sexuality*
- *Address concerns and correct misunderstanding that children may have gained from the media and peers*
- *Develop skills to help children protect themselves against unwanted sexual experience*
- *Know where and how to seek help*

Can you explain the school's RSHE Morals and Values Framework?

RSHE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents/carers and other members of the school community. RSHE will be delivered within the school's agreed equal opportunities framework.

RSHE will support the importance of marriage or stable relationships, for family life and bringing up children. Care is taken to ensure there is no stigmatisation of children based on their different home circumstances.

Pupils will be encouraged to understand that thinking about morals and values also includes:

- *Respect for self and others*
- *Commitment, trust and love within relationships*
- *Understanding diversity regarding religion, culture and sexual orientation*
- *Honesty with self and others*
- *Self-awareness*
- *Exploration of rights, duties and responsibilities*

Misunderstandings about RSHE

There is sometimes concern that RSHE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality RSHE points to a more positive outlook: 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if RSHE has an effect it is a positive one: *"sexuality education can lead to later and more responsible sexual behaviour or may have no discernible impact on sexual behaviour"*.

In the UK, the research is even more positive. Analysis by the National Survey of Sexual Attitudes and Lifestyles team, over several years, consistently shows that men and women who said that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source. Schools have an important role to play in RSHE.