



5th June 2026

Relationships and Sex Education for Year 5 Children

Dear Parent/Carer,

This term in our science and PSHE lessons, year 5 will be learning about Relationships and Sex Education (RSE).

This half term, the children will be covering the following areas:

- Physical and emotional changes during puberty
- Menstruation
- Wet dreams
- Personal boundaries
- Family changes
- Online relationships

Following initial sessions involving class discussions with their teacher, the children will be split into gender groups to allow them to ask any questions they may have. The boys' sessions will be led by a male teacher with the girls' sessions led by a female teacher.

Parents do not have the right to withdraw their child from the relationships or science elements of RSE; however, if you have any questions about the subject matter, you are welcome to speak to your child's class teacher prior to the lessons being taught.

Requests to speak to your child's class teacher should be made through the school office. For your information, we will be starting the sessions from next Wednesday.

Yours sincerely

Mr Goddard
Assistant Headteacher

