

Executive Headteacher: Miss Kirsty Howarth
Head of School: Mrs Anna Jacobs
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Dear Parents/Carers,

Throughout the year, we will be covering RSE (Relationships and Sex Education) in Year 5. The learning objectives are:

- To explore the emotional and physical changes during puberty
- To explore the impact of puberty on the body and the importance of physical hygiene
- To explore ways to get support during puberty
- To understand that menstruation and wet dreams are a normal part of growing up

In the past, we have found that the children benefit greatly from these sessions -which manage to effectively support and prepare them for both the physical and emotional changes of puberty. We will be using the lesson plans and resources from the Christopher Winter scheme, which were shown to you at the initial Parents' meeting and follow on from the Christopher Winter resources which were used with your child last year. Should you not wish your child to participate in these sessions, you will need to write a letter to Miss Howarth informing the school of your decision.

Regards,

Miss L. Richardson

