



Friday 19th May 2023

Dear Parents/Carers

Over the final half of the summer term Year 5, as part of the Science and PSHE curriculum, will be taking part in the area of the curriculum referred to as 'Relationship, Health and Sex Education'.

Relationship, Health and sex education at Millbrook Junior School will reflect the values of the PSHE and Citizenship programme. RHSE is taught in the context of relationships through the Jigsaw scheme we use for PSHE across the year. For Year 5, this unit will involve body changes or puberty which are part of health education and are compulsory. There is also one lesson which looks at 'Conception' which is non-statutory.

The aim of RHSE is to prepare children for the changes their bodies will go through but also giving them the language and confidence to talk to someone if they have any questions or unsure about anything.

We aim to provide students with age appropriate information about their bodies and relationship in an environment where they feel comfortable to ask questions and become better informed. We hope that the students will then have a greater understanding of what is happening to them as they make the transition to adulthood. Our aim then is that the children will grow into confident, healthy adults who are able to make positive choices. This is reflected throughout the whole of our PSHE curriculum.

Over the summer term Year 5 will be looking at:

Year 5 Changing Me	Aims of the lesson
Self- and body image Influence of online and media on body image	To be aware of my own self-image and how my body image fits into that. To know how to develop my own self esteem.
Puberty for girls	To explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally. To understand that puberty is a natural process that happens to everybody and that it will be OK for me.
Puberty for boys	To describe how boys' and girls' bodies change during puberty. To express how I feel about the changes that will happen to me during puberty.
Conception (including IVF)	To understand that sexual intercourse can lead to conception and that is how babies are usually made. To understand that sometimes people need IVF to help them have a baby

Growing responsibility (Looking ahead)	To identify what they are looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)
Coping with change Preparing for transition	To identify what they are looking forward to when they move to their next class.

In the week beginning the 19th June we will welcome Coram Life Education in to come and talk to the children covering much of this. Class teachers will be there during these lessons.

If you would like further information a more detailed overview including the vocabulary we use please have a look at our website. There is a useful leaflet on our website too which includes more detail on the importance of RHSE and also about talking to your child about the issues raised. The information can be found under 'Information', 'Curriculum' on our school website. We use the Jigsaw PSHE scheme, their website is www.jigsawpshe.com.

As parents or carers, you do have the right to withdraw your child from aspects of education, not included in the National Curriculum Science Orders, (alternative work would be set). This should be discussed with the class teacher. Ideally, we would like to work with you to ensure that the children all take part in all the lessons.

Please contact the class teacher if you have any further questions or if you would like to see any of the materials being used with the children.

Yours sincerely

Jenny Green
Assistant Headteacher