



Monday, 20th February 2017

Dear Parents & Guardians,

PSHEE lessons: Year 5 Relationship Education

As part of our Personal, Social, Health and Economic Education, the children in Junior School will be covering a six week 'Friends & Family' topic based on a unit of work written by Wiltshire's Personal Development Education Team. In Year 5 this work will focus on the changes that occur to humans as they grow older. It starts by investigating embarrassment and discovering ways to deal with embarrassing situations, then progresses to find out about the changes that occur to children as they reach puberty, followed by personal hygiene needs, finding out how we get here and finally looking at parenting.

The expected outcomes of the lessons are:

- **I have thought about** how to behave when I am feeling embarrassed
- **I can** understand how my body will change during puberty.
- **I can** recognise how people's emotions change during puberty.
- **I know** how to keep myself clean and why personal hygiene is important – especially during puberty.
- **I know** some of the ways that parents and guardians can meet the needs of their children.

Key vocabulary that will be discussed includes: puberty, personal hygiene, embarrassing situations, blush, blushing, adolescence, growth, change, hormones, breasts, nipples, testicles, penis, vagina, sperm, egg, pubic region, pubic hair, menstruation, periods, acne, grease, perspiration, sweating, body odour, sanitary protection, voice breaking, feelings, emotions, anger, frustration, rage, weeping, outbursts, managing feelings, pregnancy, child birth, parent, carer, responsibility, requirements, skills, qualities, needs and parenting.

The purpose of this letter is to inform you that this work will begin in the next two weeks. Boys and girls will be taught separately for some of these sessions. 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 such as those above before the work is covered in school.

If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All lesson plans used are available for you to browse through should you so wish.

Yours sincerely,

A handwritten signature in black ink that reads 'H Singleton'.

Miss H Singleton
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