



Highcliffe St. Mark Primary School & Fledglings Pre-School

A Church of England Foundation School

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Dear Parent/Carer,

Year 5 'Growing and Changing' Relationships and Sex Education unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social, Health and Economic Education (PSHE Education) curriculum, called SCARF. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to all children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The lessons delivered to our pupils will focus on body changes and keeping safe. Your Year 5 child will be exploring these themes by examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls' and boys' bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond to unwanted physical contact?
- How can I say 'no' to someone and keep myself safe?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

During these lessons, correct vocabulary will be taught and shared with your child.

Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs. A comprehensive list of vocabulary per year group can be found here: [Growing and Changing Vocabulary per year group](#).



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2023 - 2024



We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well. For further information regarding the content for your child's year group please follow the link to the [Growing and Changing Learning Journeys](#). Additionally, SCARF have created [this leaflet](#) specific to Year 5.

If after reading this letter you have any questions about the programme or if you would like to view the lesson content that your child/ren will be taught, please do not hesitate to contact a member of the Senior Leadership Team through the school office.

Yours truly,



Mrs Claire Barker & Mrs Halle Ashbee
Headteacher PSHE Leader