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Ref Y5

20th June 2019

Dear Parents/Carers,

This half term our PSHE topic will be Sex and Relationship education. Our teaching has been informed by the Cambridgeshire Primary Personal Development Programme which is recommended by the PSHE Association.

Below is an outline of what your child will be learning about:

In this unit your child will review and extend their understanding of the external sexual parts of males and females. They will learn about the internal sexual parts relating to puberty. Wherever possible they will learn the scientific words for these parts. They will learn about the physical changes that take place at puberty, why they happen and how to manage them. They will also learn that puberty affects people at different rates and that although some changes happen to everyone, some just affect girls and some just affect boys. They will start to consider the concept of body image and how this is linked to a healthy lifestyle and healthy self-esteem. They will learn about the new routines that they will need to follow to keep up their personal hygiene as puberty begins. They will learn about ways they can prevent the spread of common illnesses. They will learn a little about other illnesses, such as HIV. If you would like to know more about talking to your children about these issues visit www.bbc.co.uk/barefacts, www.parentchannel.tv/sexandrelationships and www.nhs.uk/worhtalkingabout.

Please feel free to attend an informal drop in chat to ask any questions you may have with Mr. Northedge on Monday 24th June at 2.55 – 3.15pm. If you are unable to make this time, please let us know so we can arrange a suitable alternative.

Please see next page for a vocabulary list.

Kind regards

Mr. Northedge



Further to a request from our parents who were part of a working party for our SRE policy, please find below the vocabulary we will be using.

	Key areas of learning	Feelings/ relationships	Body parts and processes	Other	
KS2 Year 5/6	Puberty Sexual reproduction Internal body parts	commitment marriage stable relationship	puberty development period menstruation cervix fallopian tube ovary ovum vulva vagina uterus ovulation sperm	sperm duct seminal vesicle urethra pubic hair voice breaking erection sexual intercourse sex ejaculate conception pregnancy	Sanitary towel Tampon body odour deodorant

