

Friday 19<sup>th</sup> June 2026

**Re: Y5 Relationships and Sex Education Curriculum**

Dear Parents/Carers,

The children in Y5 will be studying 'Living Things and their habitats'. During this two-week topic, we cover the statutory RSE curriculum about puberty and growing up.

The unit begins with us reading a book together "How did I begin?" by Mick Manning & Rita Granström and viewing the 'Operation Ouch' material on puberty from BBC Bitesize. Lessons will also include showing a short film about the changes that take place in boys and girls during puberty, both physical and emotional. The boys and girls will only view the film related to their own gender.

In lessons, the subject will be dealt with in a sensitive and non-judgemental way and there will be time to answer any questions the children may have, provided they are within the guidelines for their age group. For information, this unit of work is scheduled to start from the week beginning 22<sup>nd</sup> June should you wish to talk to your child before it is discussed in school or be prepared for any questions that may arise after the sessions.

During the next academic year, the children will cover the Y6 curriculum for RSE, which will include watching videos relating to the opposite gender to their own and opportunities for further questions.

Kind regards

Y5 Team