



Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Wednesday 4th June 2025

Dear Parent/Carer,

Re: Year 5 – Relationships and Sex Education

As part of the school's Relationships and Sex Education (RSE) programme, children in Year R to Year 6 all receive approximately three age-appropriate lessons on ourselves, families, relationships, sexual health and personal safety. These lessons take place in the second half of the summer term.

The programme of learning is based upon 'The Christopher Winter Project' that is being used by many schools across the UK, and its purpose, which will be presented in a sensitive, objective and balanced manner, is to help in the development of making safe choices, building self-esteem and healthy and responsible relationships with others. This programme has now operated for a number of years and has been well received by both parents and children. This is also closely linked to 'Kapow' that we use for our Personal, Social and Health Education (PSHE) lessons.

The programme for Year 5 pupils is 'Puberty'. A copy of the scheme of work is available on the back of this letter. If you would like to view the detailed programme of learning or have any queries that you would like to discuss individually, please contact your child's class teacher or myself who will be happy to answer any questions you may have. In addition, the school's PSHE, Relationships and Sex Education policy is on our school website.

From September 2020, parents/carers do not have the right to excuse their children from relationships education. However, parents/carers have the right to excuse their children from the non-statutory/non-science components of sex education within RSE. We would strongly urge parents/carers to allow their child to participate, as it is likely that children will discuss the lessons and we feel that it is better for children to hear directly from the class teacher, rather than acquiring partial or inaccurate information from one another. Your child may also ask questions at home.

Requests for being excused should be put in writing by **Monday 16th June** using the form found in Appendix 6 of the PSHE, Relationships and Sex Education policy and addressed to the headteacher (if you would like a copy of this form sent to you, please inform the office). I will discuss the request with parents/carers before making an appropriate decision. A copy of these requests will be placed in the pupil's educational record. Alternative work will be given to pupils who are excused from elements of relationships and sex education.

Kind regards,

Mrs R. Lennon
Headteacher

Year 5

Puberty

Key Stage 2

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Health Education Mental wellbeing (6c, 6d, 6f) Changing adolescent body (8a, 8b) Menstruation (9a)</p>	<p>Learning Intention To explore the emotional and physical changes occurring in puberty</p> <p>Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence</p>	<p>Lesson 1 Talking About Puberty</p>	<p>Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template</p>
<p>Health Education Changing adolescent body (8a, 8b) Menstruation (9a)</p>	<p>Learning Intention To understand male and female puberty changes in more detail</p> <p>Learning Outcomes Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production</p>	<p>Lesson 2 The Reproduction System</p>	<p>Reproductive System slides Puberty Changes Teacher Guide Menstrual cycle animation Male Changes PowerPoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of menstrual product (tampons, pads, liners, re-usables) Pupil questions from Lesson 1 Additional Activities What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary Menstruation Card Game Menstruation Card Game whiteboard summary</p>
<p>Health Education Mental wellbeing (6a, 6b, 6c, 6d, 6e, 6f) Changing adolescent body (8a, 8b) Menstruation (9a)</p>	<p>Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene</p> <p>To explore ways to get support during puberty</p> <p>Learning Outcomes Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty</p>	<p>Lesson 3 Puberty Help and Support</p>	<p>Kim's Game items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Year 5 Problem Page Teacher Guide Pupil questions from Lesson 1 Additional Activities Puberty Bingo cards</p>