



Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Thursday 21st May 2026

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 four 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 is 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. This year, we will be using the updated 'Christopher Winter Project: Teaching RSE with Confidence in Primary Schools 2026' which has been fully reviewed and updated in line with the 2025 DfE Relationships Education guidance.

The programme for Year 5 pupils is 'Puberty and Personal Boundaries'. 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.

Parents/carers have the right to request that their child be withdrawn from sex education unless it forms part of statutory Relationships Education and Health Education or the Science national curriculum. We would strongly urge parents 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 8th 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: SCHEME OF WORK - PUBERTY AND PERSONAL BOUNDARIES

Key Vocabulary: puberty, physical changes, menstruation, periods, menstrual products, sperm, egg, semen, erection, pubic hair, sweat, breasts, spots, emotional changes, hormones, boundaries, personal space, consent, assertive, kindness, empathy, upstander, fairness, inclusion, self-esteem, identity, stereotypes, peer pressure, support, trusted adult

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p>Lesson 1 Talking about puberty</p>	<p>Learning Intention To learn about the main physical and emotional changes during puberty. Learning Outcomes I can describe the main physical and emotional changes that happen during puberty I can ask questions about puberty with confidence and respect</p>	<p>Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4)</p>
<p>Lesson 2 The Reproductive System</p>	<p>Learning Intention To understand the changes to the reproductive system in puberty. Learning Outcomes I can explain how puberty affects the reproductive organs I can describe what happens during menstruation and sperm production I can talk about how these changes might make people feel.</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 Selection of menstrual products</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4)</p>
<p>Lesson 3 Puberty Help and Support</p>	<p>Learning Intention To learn how to care for our bodies and feelings during puberty, and where to find support. Learning Outcomes I can explain how to stay clean and healthy during puberty. I can describe how puberty might affect emotions and friendships. I can name safe places or people I can go to for advice and support.</p>	<p>Kim's Game items Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Problem Page Teacher Guide</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4)</p>
<p>Lesson 4 Respect, Boundaries and Being an Upstander</p>	<p>Learning Intention To understand how respecting ourselves and others helps us to set healthy boundaries and build positive relationships. Learning Outcomes I can show what it looks like to be assertive but kind. I can explain how to set and respect boundaries. I can give one example of how to be an upstander.</p>	<p>Upstander Scenarios</p>	<p>Relationships education Caring friendships (CF 2, 6) Respectful and kind relationships (RR 2, 4, 5, 6, 8, 9)</p>