

5th June 2026

Dear Parents and Carers,

As we approach the final half term of the academic year, Year 5 will be taking part in Sex and Relationship Education – the predominant theme is ‘Growing and Changing’. The children will have 4 areas covered – Puberty: Changes, Menstruation, Personal Hygiene and Emotions & Feelings.

During these sessions, the children will watch video clips and take part in discussions based on these topics, which have been produced for the Year 5 curriculum so are age appropriate.

This is part of the National Curriculum and is designed to support your child through the changes that they go through during the transition to teenage and adult life. It is a time of significant change for the children, and we would like to stress the importance of them having a good understanding of how their bodies and emotions will change in the coming months and years.

If you have any questions about the sessions, then please speak to a member of the Year 5 team. Thank you for your continued support.

Kind Regards

Year 5 Team

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