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29th September 2025

Dear Parents/Carers

Relationship and Sex Education (RSE)

During the first half of the Autumn term, Year 5's PSHE lessons will explore puberty in the context of how we grow and change. This unit of RSE is compulsory to aid children's preparation for puberty and is part of a wider programme of relationship, health and sex education.

Week commencing 6th October, the Year 5 pupils will attend a talk about puberty. For part of this lesson the class will be split, with the girls covering physical changes, menstruation and sanitary products and the boys exploring physical changes for boys and girls. It is important that all understand the physical changes affecting each other and to ensure facts are given rather than rumour and hearsay. These changes happen at different times for different children, and it is important they are prepared. The session will be led by Mrs Young, our Pastoral Support Worker and PSHE Subject Leader. Further RSE sessions will take place in the summer term of year 6 and you will be notified of these in due course. If you would like to see our PSHE and RSHE policy, please follow this link to [pshe/rshe policy](#) or find it on our website.

Please be assured that the content of RSE is completely age appropriate and handled in a sensitive manner. If you have any queries, please do not hesitate to contact me as soon as possible.

Yours sincerely

Mrs Sarah Wilde
Year 5 Class Teacher

Working with the Diocese of Leeds and the Metropolitan Borough of Calderdale

