

### Year 5 Personal, Social, Health and Economic (PSHE) education programme

Dear Parents and Carers,

As a part of your child's education at Bassett Green Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the senior staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

I am writing to remind you that, as of September 2020, the government made PSHE a **statutory requirement within the National Curriculum** which includes Relationships Education. Within the summer term 2 (after the 8<sup>th</sup> June 2026) we will be teaching the following topics in Year 5: Health & Wellbeing, and Growing & Changing. It is important to educate children in this aspect of their personal development in order to help them make informed decisions which can have a significant impact on their life choices. During the topic of Growing & Changing we will be learning about specific steps in puberty. This includes:

- **Puberty session 1:**

**We Are Learning To (WALT):** understand about puberty

**Context:** genitalia and physical changes to the male and female body

- **Puberty session 2:**

**WALT:** know what Female Genital Mutation is

**Context:** the British Law

- **Puberty session 3:**

**WALT:** understand about puberty

**Context:** menstrual cycle and wet dreams

- **Puberty session 4:**

**WALT:** understand about puberty

**Context:** personal hygiene.

- **Puberty session 5:**

**WALT:** understand about puberty

**Context:** emotional changes and where to seek advice support

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We will be holding workshops for all year 5 parents to explain the content being taught and to give you the opportunity to ask any questions you may have. **The parent workshops will be held on Tuesday 2<sup>nd</sup> June at 8.30-9.15am and 2.30-3.15pm** in the ICT suite. Please note you only need to attend one session.

If you wish to see the content being taught but do not want to attend a workshop, you can view the exact content of the lessons on our school website by using the following link <https://www.bassetgreen.net/year-5-5/>

If you are at all concerned, or wish to discuss this content further, please do not hesitate to contact the school.

Best wishes,

**Zoe Agius**

**PSHE Lead**

