



ADDMORE FEDERATION
'Together we add more'

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Executive Headteacher: Mrs S Henney,
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October 2023

Year 5 and 6 - PSHE/RSE

Dear Parents/Guardians,

RSE in schools

"Relationships and sex education" is teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online. From September 2020, Relationships and Health Education became statutory in primary schools and Relationships, Sex and Health Education became statutory in secondary schools. 'When children are comfortable talking about relationships and sex education, it has a very positive impact on their life. Good quality conversations about RSE help to keep children safe, improves their communication, increases everyone's understanding of relationships and improves their self-esteem and confidence.'

During EYFS, keystone 1 and keystone 2 children will learn about:

- Families and people who care for us
- Caring friendships
- Respectful relationships
- Online relationships
- Staying safe

Year 5 and 6

As part of our Relationship and Sex Education over the next half term we will be delivering work based on the topic of growing and changing, looking at puberty. To deliver this we use a combination of resources from NSPCC and the 1Decision Program of Study. By the end of this unit children should be able to:

- Explain what puberty means
- Describe the changes that boys and girls may go through during puberty
- Identify why our bodies go through puberty
- Develop coping strategies to help with different stages of puberty
- Identify who can help us with puberty

If you would like to know more about this, then please look at our school website or speak to your child's class teacher who will be more than happy to help.

We have a range of books on puberty along with other PSHE topics available from our lending library in reception. Please have a browse and borrow any books which may help with conversations and questions at home.

Many thanks,

Mrs E Rawsthorne
PSHE lead

