



# Gaddesby Primary School



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Headteacher: Mr Leigh Fox

## Year 5 RSE (Relationships and Sex Education) and Health Education Lessons

1<sup>st</sup> May 2022

Dear Parents,

Over the next few weeks, **starting Friday 6<sup>th</sup> May**, the children will be undertaking some lessons on Relationships and Sex Education and Health Education (as part of our wider PSHE curriculum). The lessons will help prepare the children for physical and emotional changes that they will encounter during adolescence. Additionally, the children will learn about physical and mental well-being, healthy sleeping habits and the risks of drugs, alcohol and tobacco.

All of the content of these lessons will be delivered appropriately with regards to the age of the children. Several themes will be discussed over the course of the unit:

- Positive body image (including what is seen on social media)
- Having control over their own bodies (what choice, control and consent means and what to do if they are uncomfortable)
- Good sleeping habits and the impact of these on the body
- Puberty (basic physical and emotional changes, having a self-care routine including personal hygiene)
- Facts about drugs, tobacco and alcohol (and where pressure may come from to try them)

Please take opportunities to discuss some of these topics with your child prior to them learning about them in school, if they are not aware of them already. If you wish to discuss any of this specifically, please contact me.

Kind regards,

Miss Toon

