



Hunslet Moor Primary School
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Friday 25th April 2025

Our Relationship and Health Education Programme in Year Five

Dear Parent/ Carer,

I am writing to you further to our letter dated the 24th January and the parent meeting, which took place on the 13th February.

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics such as relationships, including friendships and family relationships, physical and emotional health and living in the wider world. The aim of the PSHE lessons are to help our pupils make safe and informed decisions during their school years and beyond. We use the PSHE scheme Jigsaw to deliver this curriculum.

Year Five

Relationships and Health Education is an important part of the PSHE curriculum.

We will be teaching lessons in **Year Five** in the Summer term (after May half term), which will include the key learning listed below:

- Pupils learn about the physical changes associated with puberty
- Pupils learn how to stay safe when using technology to communicate with friends
- Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty
- Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it

This content is statutory within the PSHE curriculum for Health Education; Changing Me and, therefore, compulsory for all children.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about content before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's class teacher. All materials used are available for you to browse through should you so wish.

Many thanks,

Miss Bates
Assistant Headteacher
PSHE Leader

The designated Child Protection Officers of the school are Mrs K Dellow, Miss H Darley, Miss L Bolger, Mrs L Hemingway, Mrs F May and Mrs D Graham

