



Friday 14th June 2024

RE: Y5 Summer Term PSHE learning

Dear Parents/Carers,

Our PSHE curriculum includes statutory relationships and health education content.

Relationships education means teaching pupils about safe and healthy relationships, including:

- Family and friends
- Being safe, including online
- How to recognise unsafe relationships
- How to get help

Health education is about good physical health and mental well-being. It includes:

- How to deal with emotions
- Healthy eating and fitness
- The physical and emotional changes of puberty, including the menstrual cycle
- Internet safety and harms

What will my child learn this year?

In the Year 5 *Changing Me* unit taught this half term, the children will learn about the physical and emotional changes related to puberty for boys and girls. They will also learn about the importance of looking after yourself physically and emotionally. They will build on their knowledge of the human body and use correct, scientific terms to describe body parts and processes such as menstruation. As part of this unit, they will also learn about body-image as part of one's own self-image, in order to understand how to cultivate positive self-esteem. Our goal is to give children the knowledge and understanding they need to feel confident, comfortable and safe. We know that body changes can make children feel anxious, especially when they lack an understanding of what is happening, so we prioritise reassuring children about what is expected, healthy development and that this happens at different times and paces for different individuals.

This unit also involves reflections on how we manage different types of changes and preparing for a new year group.

For a detailed overview of the content for each Year group (Years 1-6) please see our PSHE overview here: <https://springfield.hackney.sch.uk/wp-content/uploads/sites/5/2022/01/PSHE-at-Springfield.pdf> The content for Year 5 'Changing Me' PSHE unit is clearly in this document. Please find further details of our Federation-wide RSHE (relationships, sex and health education) policy here: <https://www.st-matthias.hackney.sch.uk/wp-content/uploads/sites/9/2020/11/Relationships-sex-and-health-education-policy-June-2020.pdf>

Supporting your child

Please encourage your child to talk openly with you about any questions they may have. We emphasise the importance of speaking to trusted adults about any queries or worries children may have, and that they are always welcome to talk to school adults if they want to ask questions, seek support or share feelings.

If you would like to discuss any aspect of our PSHE curriculum, or supporting your child at this stage of their development, please email admin@springfield.hackney.sch.uk or call 0208 800 9007 to make an appointment with Ms Wyatt or myself.

Anna Case,
Headteacher