



## Barrowby Church of England Primary School

Dear Parent/Carer

### Relationship and Sex Education and Puberty.

I am writing to inform you about the Relationship, Sex and Health Education (RSHE) that Year 5 children will receive during the third week of Spring term two, week commencing, **Monday 24th March**. This will cover Puberty, and during the fifth week of Spring term two, week commencing **Monday 31st March**, this will cover life cycles including sexual intercourse as part of their Personal, Social, Health and Economic (PSHE) education and the Science Curriculum.

The classes will have RSE lessons, appropriate to their age, during which pupils will have the chance to explore aspects of sex and relationships, as well as the changes that occur to the body during puberty. These lessons come from *Love and Sex Matters*, a new resource that has been produced with church schools in mind. It aims to give children a safe environment within which they can explore different perspectives on sex and relationships.

Through these lessons the children will look at and identity and what makes a person valuable. They will think about how good decisions can be made with a greater awareness of possible outcomes. Furthermore These lessons will give the pupils the opportunity to learn about the basic physical changes that occur in boys and girls, and the changes that occur specifically to girls and boys during puberty. Being prepared and knowing the changes that will occur, assists in developing positive coping strategies, and are the first steps towards adapting well to adolescence.

Puberty is a time of change and growth for children that can be both exciting and a little frightening for some children. These lessons may raise issues which you may want to discuss with your child. We would recommend that you look at our RSHE Policy to see exactly what will be covered by these lessons. Please [CLICK HERE](#).

If after reading this policy, you wish to discuss this with Mr Olalere, prior to the lessons, then please contact the school office **by Monday 17th March 2025**.

Yours sincerely

Mr L Batey  
Head teacher

