



Barrowby Church of England Primary School

December 2025

Dear Parents/Carers of 6 Children,

Relationship and Sex Education and Puberty.

I am writing to inform you about the Relationship and Sex Education (RSE) that Year 5 and 6 children will receive in the Spring Term and throughout the Summer term as part of their Personal, Social, Health and Economic (PSHE) education and the Science Curriculum.

The class will have RSE lessons, 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 relationships in adulthood.

Through these lessons the children will look at 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 students 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 RSE 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 Miss Lees, then please contact feel free to contact the school office who will be happy to arrange a mutually convenient appointment.

Yours sincerely

Mr L Batey

Head teacher



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Awarded by Arts
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2025/26