

LODDON PRIMARY SCHOOL

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Dear Parents/Carers

Next half term we will be starting the 'Changing me' unit of work in PSHE. Some of the lessons in this unit are linked in an age appropriate way to our Sex and Relationship Education. Below are the lessons that will be taught. Please contact me if you require any further information about these sessions.

Year Five

1. Self and Body Image	I am aware of my own self-image and how my body image fits into that. I know how to develop my own self esteem.
2. Puberty for Girls (Lessons taught in single sex groups)	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. I understand that puberty is a natural process that happens to everybody and that it will be ok for me.
3. Puberty for Boys (Lessons taught in single sex groups)	I can describe how boys' and girls' bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty.
4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby. I appreciate how amazing it is that human bodies can reproduce in these ways.
5. Looking Ahead	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. (age of consent) I am confident that I can cope with the changes that growing up will bring.
6. Looking Ahead to Year 6	I can identify what I am looking forward to when I am in Year 6. I can start to think about changes I will make when I am in Year 6 and know how to go about this.

During Year Five Science lessons children will be taught to describe the life process of reproduction in some plants and animals, to describe the changes as humans develop to old age. Science is a compulsory subject and there is no right for parents to withdraw their children from the Science curriculum.

Any parent wishing to exercise their right to withdraw their child from all or part of the PSHE teaching of Sex and Relationship Education must indicate this wish on the reply slip below by ticking the lessons they would like their child to be withdrawn from. If we don't receive a reply slip your child will participate in all sessions.

Yours sincerely

Mrs Didcock
Inclusion Leader



Childs Name and class:	I would like to withdraw my child from the following Year 5 SRE sessions (please tick)
Self and body image	
Puberty for girls	
Puberty for boys	
Conception	
Looking ahead	
Looking ahead to Year 6	
Signed:	Relationship to child:



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