

WESTON-ON-TRENT CHURCH OF ENGLAND (AIDED) PRIMARY SCHOOL



"Let Your Light Shine"

HEADTEACHER: Mr Mark Hibbert

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4th June 2025

RE: RSE and health education- Year Five.

Dear parents,

Government guidelines outline that it is compulsory for all schools to teach children about relationship and health education. Within this subject, the children learn the human life cycle including the changes during puberty. Correct terminology is introduced early to normalise this and to support safeguarding. These words are not used in isolation but in conjunction with teaching the children that these are private parts of their bodies. Puberty is introduced gently in year three because some girls do start their periods at this age.

Our view as a school is that knowledge empowers and protects the children as long as it is age appropriate. In secondary school, sex education is statutory and we believe that primary schools should prepare children with accurate knowledge about puberty and human reproduction before they transfer to secondary school. For further details, please see our [relationships-and-health-education-policy-2025.pdf](#)

The details of what will be taught to your child's year group are outlined below.

Please note: careful consideration is given to the teaching of this subject and the children are taught by their usual Jigsaw (PHSE) teacher and with their own year group.

If you have any concerns or queries about your child's participation in these lessons or would like to see the content and resources used in your child's year group, please do not hesitate to contact myself, either through the info@westoncofe.derbyshire.sch.uk email address or in person.

Yours sincerely,

A. Melland

PHSE and RHE Coordinat

Year 5

Weekly Celebration	Pieces	PHSE Learning Intention	Social and Emotions Development Learning Intention
Understand that everyone is unique and special	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
Can express how they feel when change happens	2. Puberty for Girls	I can explain how a girls' 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
Understand and respect the changes that they see in themselves	3. Puberty for Boys	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
Understand and respect the changes that they see in other people	4. Conception	I understand that sexual intercourse can lead to conception and that this 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
Know who to ask for help if they are worried about change	5. Looking Ahead Part 1	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
Are looking forward to change	6. Looking Ahead Part 2	I can identify what I am looking forward to when I move into year 6.	I can start to think about changes I will make next year and know how to go about this

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