

St Aidan's Catholic Primary School
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Headteacher: Miss K Fitzsimmons

1st March 2024

Dear Year 5 Parent/Carer

During this spring term, we will be teaching Relationships, Health and Sex Education (RHSE) in school. This subject covers the lifelong learning about physical, moral and emotional development. It addresses the importance of marriage in living a Catholic life and looking at the features of successful family life, stable loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.

In Year 5, this will be delivered alongside a scheme of work called "Journey in Love" which is approved and recommended by the Archdiocesan of Liverpool and follows guidelines as set out by the DfE and the Catholic Church.

We will hold a meeting for parents/ carers on Friday 15th March at 9am to talk about what the children will be learning in more detail and to give you the opportunity to look at resources and the content of lessons. If you are unable to attend on this date we will send the information out so that you can have a look at home.

Pupils in Year 5 will be learning at the life cycle of humans from birth to adulthood, specifically during adolescence and into adulthood. You may find your child will have questions about how it will affect them or just general questions about what they can expect during these lessons.

Whole class lessons will include learning about:

- physical changes in girls and boys through puberty
- the external and internal changes which happen over time in puberty including menstruation
- how behaviour and moods can change during puberty
- reflect on ways to become more sensitive to emotional development of oneself and others.
- to develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.
- to understand how human life is conceived

These aspects of the curriculum are important for your child and integral to their own development and understanding about themselves. They are statutory components of the primary science curriculum. Parents have the right to withdraw their child from non-statutory components of sex education in Year 5 after discussion with the Headteacher.

If you have any questions or concerns, don't hesitate to ask and we can explain in more detail what will exactly be taught.

Yours faithfully,

Mrs Martin & Miss Barton