



MANOR COURT Community Primary School

incorporating Manor Court Early Years Centre

A Member of Preston Primary Academy Trust

Head Teacher Mr L Talmage

Deputy Head Teacher Mr A Clode **Assistant Head Teacher** Mrs G Terry

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Tuesday 10th June 2025

Year 5 'Growing and Changing' Relationships and Sex Education Unit

Dear Parent/Carer,

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme to Year 5 children. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

There will be workshops, led by an experienced, trained Coram Life Education member, and will be delivered to our Years 4, 5 and 6 pupils. It will focus on body changes and keeping safe. Your Year 5 child will be exploring these themes through examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls and boys bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone and keep myself safe?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas.

<https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

If further advice/support is required, you have any questions about the programme, or would like to view the resources, please do not hesitate to speak to your child's class teacher or the Headteacher.

If, after reading this letter, you have any questions about the programmes taking place, there will also be an opportunity to discuss and hear more about its importance through a Zoom meeting on Wednesday the 18th of June at 17:00, with a SCARF representative and Miss Clarke, as PSHE Lead. More information will be sent in a separate letter, along with a link to access the meeting.

Yours Sincerely,



Miss E Clarke
PSHE lead

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