



February 2026

PSHE: Sex & Relationships Education

Dear Parents and Carers,

As part of our PSHE & Science curriculum, your child will be taught a unit this half term focusing on the changes a human goes through in their life. The children will be taught the correct terminology for the sexual organs and recap their learning on the changes that they will experience during puberty. The children will also learn about myths and taboos linked to menstruation. The lessons will be supported by the use of BBC's Operation Ouch educational video to help the children understand the process of puberty. Please find the links, should you wish to watch these prior to the lessons being taught:

<https://www.bbc.co.uk/teach/class-clips-video/articles/znv3g7h>

<https://www.bbc.co.uk/teach/class-clips-video/articles/zghnf82>

In accordance with our school policy, we would like to give you the opportunity to discuss the content of what is going to be taught or preview the lesson plans and activities that we will use. We would like to invite you into school to do so on **Wednesday 4th March at 2:45pm**. Please come to the school office.

If you are unable to make this time but would like to know more about what is going to be taught or would like to discuss this further, please write a note in your child's planner and we will make appropriate arrangements.

Thank you for your ongoing support.

Best wishes,

Catherine Mobey
Year 5 Leader

Millie Tanner
PSHE Leader