



**Laura Pearce**  
Headteacher

20<sup>th</sup> February 2024

Dear Parents,

## **Year 5 PSHE Changing Me Parent meeting – Tuesday, 27<sup>th</sup> February 2024 – Performance Studio**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through Personal, Social and Health Education (PSHE) lessons that aim to help our pupils to make safe and informed decisions during their school years and beyond. To do so, we follow the statutory curriculum for Relationships and Health Education.

Over the next term, we will be teaching our 'Changing Me' unit. This will include topics such as:

- Facts about legal and illegal drug taking
- Puberty and the changing adolescent body
- Puberty (including physical and emotional changes)
- Personal hygiene

The lessons your child will receive are designed to be positive and informative and are all age appropriate. During these lessons, pupils will be able to ask questions, which will be answered factually and, in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

We would like to offer you the opportunity to find out in more detail what your child will be learning during these lessons. We will be holding a meeting on **Tuesday, 27<sup>th</sup> February at 2.45pm in the Performance Studio**. During the meeting, we will share aspects of the lessons with you and will be available to answer any questions you may have.

We believe that the presentation of body parts in social and other media make it important that all children have a place to discuss their feelings, check facts to alleviate any worries or concerns that they may have. Many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand (in the playground), pupils will have the opportunity to take part in our carefully planned lessons. You may find that your child starts asking questions about the topic at home or you might want to take the opportunity to talk to your child about this before the work is covered in school.

Yours sincerely,

Nuray Bayram  
Year 5 Assistant Head

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