

BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

Executive Headteacher: Mrs S J Moore

**Abbey Road
Bourne**

Tel: 422163

4th January 2022

Dear Parent/Carer,

GROWING AND CHANGING

We will shortly be beginning some work in Year 5 about 'Growing and Changing'. Our topic in Year 5 involves learning about the changes that boys and girls will go through as they enter puberty and how this can affect them emotionally and physically. This work forms part of an ongoing programme of Relationships and Sex Education (RSE), which we deliver throughout the school. Our Growing and Changing topic covers some elements of Science and some Personal Social and Health Education (PSHE).

To begin our Growing and Changing topic the children will be taking part in a 'positive relationships' workshop run by Positive Health Lincolnshire on Friday 7th January. This workshop will discuss topics such as:

- Dealing with friendship issues
- Different relationships they have and what they might look like
- The difference between secrets and surprises
- Positive body image and self esteem

A brief outline of the Y5 RSE objectives covered in the Growing and Changing lessons is listed below:

- What are the scientific names for the male and female sexual parts?
- What are the functions for the male and female internal and external sexual parts?
- What are the physical changes that take place during puberty and how will you manage them?
- Why is it important to keep clean during puberty?
- What can I do for myself to stay clean?
- How do different illnesses and diseases spread and what can I do to prevent this?

We encourage you to discuss any of these areas with your child(ren) before, during or after our topic, as children greatly value being able to talk to their parents/carers about these issues. We have carefully reviewed the resources we use to support our teaching of Growing and Changing, to ensure they are appropriate to the age and needs of the children. If you would like to find out more about the lessons or discuss these in more detail, please do not hesitate to contact your child's class teacher.

You have the right to withdraw your child from the elements of RSE which are not included in the National Curriculum for Science. Please contact your child's teacher if you would like to discuss this further.

Yours sincerely



Mrs S Moore
Executive Headteacher