



Edgewood Primary School

Building skills and values for life

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Dear Parents/Carers,

Below is all the information you need about the PSHRE topic in Upper Key Stage 2 (Year 5) that will be being taught in the next few weeks.

PSHRE stands for Personal, Social, Health and Relationships Education and SRE stands for Sex and Relationships education – in the summer term these are often used interchangeably. It is an important part of the school curriculum that aims to teach children the knowledge and skills they need to stay safe, happy and healthy, while preparing them for their life ahead. We understand that some parts of the PSHE and SRE curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHRE education will make every effort to establish a supportive and positive environment for learning.

This half term, your child's PSHRE and SRE topic is 'Changing and growing Up'. This topic builds on children's knowledge of the human body; how we grow and change through puberty into adulthood, both physically and emotionally. Children will learn about their own and others' bodies including an in depth look at menstruation and how to keep themselves safe and healthy. This builds on the information they have already been taught in the lower school.

In Upper Key Stage 2 the teachers will be following a scheme created by the PSHE Association specifically for the delivery of SRE.

This half term we will be exploring these questions:

Lesson 1: The physical changes that happen to the body during puberty – what happens to the body, when and why?

Lesson 2: **Will be split into boys and girls.** What happens during menstruation? What is an erection and what is meant by a wet dream?

Lesson 3: How do we keep ourselves clean and healthy during puberty? Why is good personal hygiene important?

Lesson 4: How do our emotions change during puberty and how can we deal with this? (Including looking at support agencies)



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Obviously, these conversations will bring with them some new and at times embarrassing vocabulary. Below is a (non-exhaustive) list of vocabulary we will be using in lessons and will encourage the children to do the same:

Puberty, hormones, genitals, vulva, vagina, penis, testicles, scrotum, foreskin, epididymis, anus, sperm, semen, erection, ejaculation, wet dreams breasts, pubic hair, Adam's apple, reproduction, uterus, fallopian tubes, ovaries, cervix, clitoris, labia, menstruation, period, tampons, sanitary towels

We hope that you will also continue these conversations with your child at home and they will be encouraged to do the same should there be anything that is not discussed here.

It is important to note that the children will have the opportunity to ask open questions within the classroom but also have use of an anonymous question box should they feel their question is more sensitive or personal. Adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson. However, anything too personal, specific or identifiable will not be discussed openly.

If you have any questions or concerns regarding your child's PSHRE or SRE lessons, would like to view the teaching materials, or anything else, please don't hesitate to get in touch.

Yours Sincerely

The Year 5/6 Team