



St Paul's C of E Junior School

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Dear Parents,

Relationships, Health and Sex Education (RSE)

As you may be aware from our Termly Overview, next half term in Year 5 we continue our topic of Reproduction and Change in Science and 'Changing Me' in Personal, Social, Relationships and Health Education (PSRHE), with a particular focus on Healthy Relationships and Sex Education.

Below is a table outlining what we will be covering each week. We have also included links to the online resources and videos we will be using in class; we hope these will give parents a clearer understanding of lesson content and enable you to support your child with any questions they may ask at home in relation to what they have been taught in class.

	Week	Topic covered	Links to online resources and videos used
1	07.06.21	Positive self-image and self-respect.	
2	14.06.21 x 2 lessons	Puberty for boys and girls. Physical and emotional changes during puberty and healthy lifestyles during puberty.	https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/ https://vimeo.com/user96707063/review/333078414/8679e5311d?sort=lastUserActionEventDate&direction=desc - healthy lifestyle https://vimeo.com/user96707063/review/333078053/a7c8a69f66?sort=lastUserActionEventDate&direction=desc - changes during puberty https://vimeo.com/user96707063/review/333078258/fa656632e4?sort=lastUserActionEventDate&direction=desc - girls https://vimeo.com/user96707063/review/333078100/7562b94a0b?sort=lastUserActionEventDate&direction=desc - boys
3	21.06.21 x2 lessons	Male and female reproductive organs. Menstrual cycle Menstrual being, Erections, wet dreams.	https://www.youtube.com/watch?v=vXrQ_FhZmos menstrual cycle https://www.youtube.com/watch?v=q_mWKHpEhaU wet dreams

* 4	28.06.21 x 2 lessons	How babies are made. Different types of relationships and families, including LGBT.	https://vimeo.com/user96707063/review/333078318/11c4044148?sort=lastUserActionEventDate&direction=desc This video will be stopped at 03.02 minutes. www.stonewall.org.uk - LGBT resources
* 5	05.07.21	Single sex question and answer sessions.	

RSE is life long learning about physical, social, moral and emotional development. It is about the understanding of the importance of family life, stable loving relationships, respect, love and care. It is not about the promotion of sexual orientation or sexual activity. As part of this topic, the children will also be taught about the importance of respect for themselves and of others, and of the significance of relationships as key building blocks of community and society.

Any parents wishing to exercise their right to withdraw their child from PSRHE and Science lessons that explicitly teach Sex Education need to inform the school in writing by Friday, 11^h June. The lessons that children can be withdrawn from are lessons 4 and 5 - indicated by an asterisk in the table above; the other lessons are all statutory. Parents who wish to exercise their right will be invited to speak to the Deputy or Headteacher who will explore any concerns and discuss any impact that withdrawal may have on their child.

Any parents who would like to explore related materials, which put into context our aims and intentions for the teaching of Relationships, Health and Sex Education at St Paul's, may do so by visiting our PSRHE page in 'About Us' on the school website from Friday 21st May. Here you will also find our draft PSRHE Policy.

If you have any further questions, please do not hesitate to speak to your child's class teacher.

Yours faithfully,

Year 5 Teaching Team