

Dear Parents/ Carers,

We believe that promoting the health and well-being of our pupils is an important part of their overall education, particularly in the current times we find ourselves. We do this through our Personal, Social, Health, and Economic Education (PSHE) and Relationship and Sex Education (RSE) teaching which comes from the new statutory RSE guidance. We wanted to inform you of the topics and vocabulary your child will come across during this year. In Year 5 your child will look at many topics such as:

- Consider the need for love and trust in a range of relationships
- Understand how different behaviors/ qualities impact on friendships/ relationships
- To identify and respect differences and similarities in people.
- To understand how girls and boys bodies change in puberty
- Menstruation – to have a basic knowledge of periods
- How to deal with physical changes including wet dreams, shaving and body hair.
- The importance of good quality sleep for good health.

PSHE and RSE will be taught throughout the year by the class teacher.

During the year children 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.

Your child will take part in additional PSHE assembly sessions, which will also cover a number of topics from the new guidance including:

- Emotions and how to recognise and talk about them and to judge whether what they are feeling or how they are behaving is appropriate
- Friendships including the characteristics of a healthy friendship and that all friendships have their ups and downs but this can often be worked through to repair the friendship
- The importance of respecting others even when others are very different to themselves, courtesy and manners
- Families, how each family is different and how families are important and what they provide for each other
- Mental wellbeing, how this is an important part of everyday life, looking at simple self care techniques and the benefits of a healthy lifestyle
- Looking at different types of bullying, how to help and what effects this can have on people and how to help as a bystander
- Isolation and loneliness can affect children and that it is important to talk about their all their feelings positive and negative with an adult and seek support if needed.
- How to recognise if a relationship of any type is making them feel happy or unsafe and how to seek help

You may find that your child starts asking questions about a topic at home, you might want to take the opportunity to talk to your child about these topics. You are the most important educators of your child regarding personal issues and we hope you welcome the support we as a school can offer.

We are also aware some children start their periods in year 5 and many start to worry about how they will deal with their period at school. We make the children aware there are sanitary products in school, if required, and that they will be offered a separate toilet to the main children's toilet. This offers a private and safe place to discretely go to the toilet and change without fear of others hearing rustling papers or noticing they are taking a bag in with them.

Below you will find the new vocabulary covered throughout the year in Year 5.

Year 5		
Physical changes Emotional changes Menstruation Wet dreams Semen Erection	Communication Personal/private information Internet safety Sexual reproduction Hormones	Sweat Masturbation Scrotum



If you have any questions or would like to know more then please do not hesitate to contact the class teacher. They will be more than happy to go over any queries you may have.

Yours Sincerely

Bridgeview Special School