



# Shakespeare Primary School



*'It is not in the stars to hold our destiny but in ourselves.'*

Manor Road, Fleetwood, Lancashire. FY7 7LL  
Tel: 01253 872887

<http://www.shakespeare.lancs.sch.uk>

Email: [head@shakespeare.lancs.sch.uk](mailto:head@shakespeare.lancs.sch.uk)  
or: [reception@shakespeare.lancs.sch.uk](mailto:reception@shakespeare.lancs.sch.uk)

Tuesday 12<sup>th</sup> March 2024

Dear Parent/Carer,

## **Year 5 PSHE and Relationships Programme**

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme & Kidsafe. This looks at many topics including physical and emotional health, relationships and living in the wider world.

On Monday 18<sup>th</sup> March, our Family Support Team delivering the relationships and sex education (RSE) aspect of our programme to Year 5 children. From September 2020, relationships education became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Year 5 child will be exploring these themes through examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls and boys bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What are personal boundaries?
- Who can I talk to if I want help and advice or am worried?

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well.

If further advice or support is required please do not hesitate to speak to your child's class teacher, Head teacher or Elliot & Heather Family Support Team.

If you have any questions about the programme and resources or would like to view the resources, please do not hesitate to contact school.

Yours sincerely

Mr Twist