



Guildhall Feoffment
Community Primary School

Bridewell Lane, Bury St Edmunds, IP33 1RE
01284 754840
admin@guildhallfeoffment.suffolk.sch.uk
www.guildhallfeoffment.org

14th April 2024

Dear Parents and Carers,

After half term the Year 5 children will be starting to learn about puberty and the journey from conception through pregnancy to birth, as part of our PSHE and Relationship and Sex Education plans. We are writing to you to identify the topics we will be covering and to reassure you that all information will be age appropriate and sensitively discussed.

Within the Upper Key Stage 2 curriculum for PSHE and Science, it is necessary for pupils to learn about developmental changes in their bodies. These include physical and emotional changes, and also the importance of hygiene. Elements of the Science curriculum are compulsory for all pupils and parents cannot withdraw their children from these sessions. Parents/carers do have the right to request to withdraw their child from any or all of sex education as part of Relationships and Sex Education (RSE), however it is our aim to encourage parents to see the value of RSE learning and its contribution to keeping children safe, developing their emotional, social and physical wellbeing and for promoting equality and social justice.

Should a parent decide that they do not wish their child to take part in any of the Year 5 sex education lessons, we would ask that they first speak to the headteacher to discuss their concerns. The headteacher will discuss the request with the parent/carer to fully understand and address any concerns/objections to the content of the curriculum. If parents/carers do decide to withdraw their child, they should inform the headteacher in writing and the school will keep a record of this.

Within the lessons, we will cover the specifics of how boys and girls change and the importance of asking questions if you need to. We will have a question box, where pupils can write down any questions they may have. These can be written anonymously, and will be reviewed by us before we tackle any discussions. Some questions may not be directly answered if inappropriate to be discussed with a whole class. In cases where these questions arise as part of a class discussion the pupil will be directed to ask that question to their parents; so that it can be addressed in a manner which the parents feel comfortable. We will only deal with questions which are age appropriate to the topics we are discussing.

If you would like to look at the resources we will be using during this topic, then please contact the school to arrange to view them with a member of staff, who will talk you through how they will be used.

We are following the Jigsaw PSHE curriculum and this covers the following modules (please see appendix for details).
Content for Jigsaw RSE curriculum:

- Self image
- Puberty (wet dreams, menstruation, erections, masturbation, body parts)
- Babies and Conception
- Boyfriends and Girlfriends

As teachers, it is always an interesting topic to cover, and we are prepared to deal with a number of misconceptions. However, we want you to be aware that your children may then seek further discussions around the topic at home. If you have any concerns regarding these lessons or how to approach home conversations, please do not hesitate to speak to us and we will hopefully alleviate any worry or concern.

With very best wishes,

The Year 5 Teachers



Lesson	Science learning intention (Animal including humans)	PSHE learning intention	Social and emotional development learning intention	Vocabulary
1. Understand that everyone is unique and special		I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem	Self and Body Image <ul style="list-style-type: none"> • Self • Self-image • Body image • Self-esteem • Perception • Characteristics • Aspects • Affirmation
2. Human lifecycle	I can use a timeline to indicate the stages in the growth and development of humans			Egg, sperm, fetus, baby, toddler, child, teenager, adult, old age, development, growth, human, infancy, childhood, adulthood, adolescence, prenatal.
3. Fetal development, gestation periods and life expectancy	<p>I can understand the changes that occur during fetal development</p> <p>I can investigate if there is a relationship between a mammal’s size and its gestation period.</p>			Gestation, growth, fetus, animals, vertebrates, fish, amphibians, reptiles, birds, mammals, invertebrates, protozoa, coelenterates, flatworms, annelid worms, echinoderms, molluscs, arthropods, arachnids, crustaceans, insects, myriapods, life expectancy.
4. Can express how they feel when change happens (Double lesson)	I can understand the physical and emotional changes that occur during puberty.	I can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me	2. Puberty for Girls <ul style="list-style-type: none"> • Puberty • Menstruation • Periods • Menstrual towels • Menstrual pads • Tampons • Ovary/ Ovaries • Vagina • Oestrogen • Vulva • Womb/Uterus
5. Understand and respect the changes that they see in themselves	I can understand the physical and emotional changes that occur during puberty	I can describe how boys’ and girls’ bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty	3. Puberty for boys <ul style="list-style-type: none"> • Puberty • Sperm • Semen • Testicles/Testes • Erection • Ejaculation • Wet dream

(Double lesson)				<ul style="list-style-type: none"> • Larynx • Facial hair • Growth spurt • Hormones
6. Understand and respect the changes that they see in other people	<p>I understand sexual reproduction in animals</p> <p>I can describe the life process of reproduction.</p>	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>	I appreciate how amazing it is that human bodies can reproduce in these ways	4. Conception <ul style="list-style-type: none"> • Relationships • Conception • Making love • Sexual intercourse • Fallopian tube • Fertilisation • Pregnancy • Embryo • Umbilical cord • Contraception • Fertility treatment (IVF)
7. Know who to ask for help if they are worried about change		I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring	5. Looking Ahead 1 Puzzle Outcome: Change Cards <ul style="list-style-type: none"> • Teenager • Milestone • Perceptions • Puberty • Responsibilities • Consent
8. Are looking forward to change		I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.	6. Looking Ahead 2 <ul style="list-style-type: none"> • Change • Hope • Manage • Cope • Opportunities • Emotions • Fear • Excitement • Anxious
9. Old age and enquiry question	<p>I can understand the changes that occur as humans develop to old age</p> <p>I can suggestion an enquiry question to investigate about the changes that occur to humans as they grow and develop. E.g., Why do people get grey/white hair when they get older? How does bone density change? Why do we need glasses as we become older?</p>			Growth, development, life cycle , adulthood , life expectancy , old age, human, growth rate, decrease, changes, compare.