



Meldreth Primary School
High Street, Meldreth, Nr. Royston, Herts. SG8 6LA

Telephone: 01763 260432
Email: office@meldreth.cambs.sch.uk
Website: www.meldreth.cambs.sch.uk

'Learning together for life'

Headteacher: Mrs Sasha Howard

May 2021

Year 5 Sex and Relationships Education

Dear Parent/Carer,

We will shortly be beginning some work in Year 5 about **'Growing and Changing'**. This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school. Our **'Growing and Changing'** topic covers some elements of Science, Relationships Education and Health Education.

Our programme in Year 5 is carefully tailored to the age and needs of the children. We will review what the children learnt about puberty last year and learn about reproduction and changing emotions and responsibilities.

Your children will be engaging with the following questions as part of this work:

- What are male and female sexual parts called and what are their functions?
- How can I talk about bodies confidently and appropriately?
- What happens to different bodies at puberty?
- What might influence my view of my body?
- How can I keep my growing and changing body clean?
- How can I reduce the spread of viruses and bacteria?

We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk their parents/carers about these issues. For more information on this, you might look at this helpful website: Family Lives www.familylives.org.uk.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children. You have the right to withdraw your child from the elements of our programme defined as sex education i.e. learning about human conception and birth. Please contact the Headteacher if you would like to discuss this.

The following language may be used as appropriate for the class.

Key areas of learning	Feelings/relationships	Body parts and processes				Other
Puberty Sexual reproduction Internal body parts	commitment marriage stable relationship	puberty development period menstruation cervix labia fallopian tube	clitoris ovary ovum vulva vagina uterus seminal vesicle	ovulation sperm ejaculate conception pregnancy sperm duct urethra	pubic hair voice breaking arousal erection sexual intercourse	sanitary towel tampon body odour deodorant

Do contact your child's class teacher if you have any questions.

