Woodland Primary School

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Headteacher: Mr S Harris

Tuesday 3rd November 2026

Dear Parent/Carer

Year 5 – Growing Up and Relationships Education Talk

As part of our schools PSHE curriculum, and in line with statutory government guidance, children in Year 5 will receive their Growing Up Talk and Relationships Education Talk on **Friday 6th November**.

The education is based on national guidance and the JIGSAW PSHE programme already in the school's curriculum and is delivered by the Public Health Programmes Team (School Nurses).

The Year 5 lessons will cover the following topics:

- What happens during puberty
- The body changes that occur during puberty including correct names of female and male reproductive organs.
- The female reproductive organs and what happens during a period (menstruation) and products to use.
- The male reproductive organs including wet dreams and erections and how to manage both
- The importance of personal body examination
- The importance of practicing good personal hygiene
- How feelings, emotions and relationships change during puberty
- How to keep safe (Underpants Rule)
- Where you can get help and support

As detailed in Woodland's Relationships and Sex Education Policy the above content is considered to be relationships and health education (including puberty) which is statutory. Therefore, there is no parent/carer right of withdrawal from the Year 5 session.

If you have any queries about the content of the lessons, or the resources used please do not hesitate to contact your child's class teacher in the first instance.

Miss H. Kirk
PSHE Lead