

Headteacher: Ms T Oakley
Deputy Headteacher: Mr T Hadfield



Cuckoo Lane
Ashford, Kent
TN23 5DA

Email: bgpoffice@swale.at

Tel: 01233 621989

“It’s Good To Be G.R.E.E.N. It’s Great to be B.E.A.V.E.R G.R.E.E.N.”

5th May 2026

Year 5

Relationships and Sex Education (RSE)

Dear Parents/carers,

During Terms 5 and 6, we will be teaching children about health, relationships, and sex education as part of our PSHE programme of study - *Relationships and Sex Education (RSE)*.

Parents/carers do have the right to withdraw pupils from some or all parts of **sex education only**. The ‘Relationships and Health Education’ aspects of the programme is considered compulsory for all pupils receiving primary education, and therefore parents/carers are unable to withdraw consent. This is because Relationship Education plays a vital part in meeting schools’ safeguarding obligations. Ofsted is clear that schools must offer an education that enables pupils to learn about safety and risks in relationships.

If you have previously withdrawn your child from these lessons and wish for that to continue, please confirm this in writing. You can email bgpoffice@swale.at or drop a letter into the school office by Friday 8th May.

Relationships Education – COMPULSORY

*The aim is that by the end of Term 5 the children in **Year 5** will learn the following:*

Recognising Me

- I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities

Safety with Online Communities

- I understand that belonging to an online community can have positive and negative consequences.

Being in an Online Community

- I understand there are rights and responsibilities in an online community or social network.

Online Gaming

- I know there are rights and responsibilities when playing a game online.

My Relationship with Technology (screen time)

- I can recognise when I am spending too much time using devices (screen time).

Relationships and Technology

- I can explain how to stay safe when using technology to communicate with my friends.

Relationships and Sex Education

*The aim is that by the end of Term 6 the children in **Year 5** will learn the following:*

Self and Body Image

- I am aware of my own self-image and how my body image fits into that.

Puberty for Girls

- I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.

Puberty for Boys

- I can describe how boys' and girls' bodies change during puberty.

Conception

- I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.

Key words from these sessions: characteristics, egg, sperm, conception, inheritance, penis, testicles, vagina, womb, ovaries, making love, fertilise, reproduction.

All teaching materials are appropriate to pupil's age and emotional maturity and your child/ren's teachers will present the information in an objective, balanced and sensitive manner.

I endeavor to help support parents in managing conversations with your children on these issues. If you have any queries or concerns, please contact the school office to arrange a meeting with myself.

Thank you for your support.

Yours Sincerely,

Mrs C Osgood

PSHE Subject Lead