



# UPLANDS JUNIOR SCHOOL

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28.6.16

To the parent/carers of Year 5

As part of the PSHE curriculum we wish to teach pupils in Year 5 the first unit on Sex and Relationship Education. The units will be taught on Friday 8<sup>th</sup> July pm.

After discussion with the School Nurse and parent feedback a revised curriculum has been devised and the plans for each session are copied for your information. The children will be given the opportunity to watch a DVD that focuses upon specific changes during puberty.

Year 5:

Lesson 1: To raise awareness of basic hygiene regarding body changes.

(Mixed groupings)

Lesson 2: To increase understanding about periods. (Girls only)

Lesson 2: To consider the changes that will occur at puberty. (Boys only)

DVD clip - Changes

The lesson plans have also been included to inform you of what is to be covered in these sessions. There is also an opportunity for you to view the changes DVD on **Wednesday 6th July at 5.30pm** in Mrs Hudson's classroom and pose any questions to the staff.

We hope that you continue to agree that this is a very important unit of work for your child at this stage of their development. However, if you have any concerns, or wish to remove your child from these sessions, please do not hesitate to contact school.

Yours sincerely

Mrs A Walker  
Deputy Headteacher

