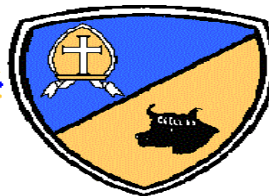


ST. LUKE'S CHURCH OF ENGLAND PRIMARY SCHOOL



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02 October 2023

Dear Parents and Carers,

Year 5 PSHE and Relationships Programme

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through Personal, Social and Health Education (PSHE). This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On **Friday 6th October** we will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE), into our school to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Year 5. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. The design of the programme has taken into account the requirements of statutory guidance, up-to-date best practice guidance, and the needs of our children.

There will be a session at 8:45 in the morning for parents to meet the educator, view resources and ask any questions they may have. This will take place in the library. It would be great to see you there!

The lessons delivered to our pupils will focus on body changes and keeping safe. They will be taught in same sex groups. Your child will be exploring these themes by examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls' and boys' bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond to unwanted physical contact?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that arise from the children during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas. <https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

If further advice/support is required or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or Mr Hardaker.

Yours Sincerely,

H Beechey

Mrs H Beechey
PSHE Subject Leader

