

Dear Parent/Carer,

As part of your child's education at Tudor Grange Samworth Academy, we promote personal wellbeing and development through our comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE helps children gain the knowledge, understanding and practical skills they need to live safe, healthy and confident lives.

During the second half of the summer term, Year 5 pupils will be learning a unit called Changing Me, which explores growing up, body changes and emotional wellbeing. Lessons help children understand that puberty is a natural process that happens to everyone and that it is something they can manage confidently and positively.

Children will learn how girls' and boys' bodies change during puberty, and the importance of looking after themselves physically and emotionally. They will discuss how these changes prepare the body for adulthood and learn strategies to help them cope with the physical and emotional changes they may experience.

The unit also includes a lesson on conception, which explains that sexual intercourse can lead to conception and that this is how babies are usually made. Pupils will also learn that some people may need medical help, such as IVF, to have a baby. This lesson is taught factually and sensitively, helping children appreciate how amazing the human body is. **Parents have the right to request that their child is withdrawn from this specific lesson**, as it is classed as human reproduction. If you wish to do so, please make your request **in writing or by email to the school by Friday 12th June 2025**. You will then be invited to attend a meeting in school to discuss your concerns and ensure you have all the information you need before making a final decision.

Finally, pupils will look ahead to becoming teenagers, exploring the responsibilities that come with growing up. They will learn about standing up for themselves, understanding age restrictions, and recognising how media messages about relationships can sometimes be misleading. These discussions help children feel confident about the changes and challenges that growing up brings.

Relationships Education and Health Education are statutory for all primary pupils, so children cannot be withdrawn from other parts of this content. We do not teach beyond what is appropriate for Year 5, and teachers respond sensitively if pupils ask questions outside the planned learning.

If you would like to view the detailed teaching content or read our RSE policy, these can be found on our school website: <https://www.samworth.tgacademy.org.uk/primary/curriculum/subjects/rshe/>

Please contact your child's class teacher via the school office if you have any questions or would like to discuss this unit further. We are always happy to talk through the curriculum with you.

Yours sincerely,

Mrs K Robertson

LKS2 and PSHE lead