Graham James Primary Academy

October 2026

Dear Parents,

Re: Year 5 Health Education

As part of our PSHE, Science and Health Education programmes we are continually instructing and reminding the children of various ways to look after their bodies and generally keeping fit and healthy. This work involves aspects such as taking regular exercise, dental hygiene, washing and the hazards associated with smoking, etc.

While all this is extremely important and forms a major part of our work with the children it is nothing new and you may be wondering why I am writing to you about it. The reason is that one area of health education – sex education – is only dealt with in very general terms as the children progress through the school. It is, however, becoming increasingly obvious that young people are reaching puberty ever earlier and their bodies are beginning to change in readiness for adulthood at a much earlier age. We have decided, therefore, to talk to the children in Year 5 about the following:

- Looking after ourselves and keeping healthy;
- Understanding the physical changes in both sexes during puberty;
- Coping with and the reasons for physical changes during puberty.

Our Year 5 teachers will cover these topics throughout the school year. We are totally convinced that the themes covered are suitable and an important aspect of the children's health education. There will be plenty of opportunity for the children to ask questions – either publicly or privately.

Yours sincerely,

Petra Back
Head Teacher