

# Edward Peake C of E (VC) Middle School

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Dear Parents/Carers

## Year 5 PSHCE Education Programme

As a part of your child's education at Edward Peake C of E Middle School, we promote personal wellbeing and development through a Personal, Social, Health, Citizenship and Economic (PSHCE) education programme. PSHCE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that your child's class will be taking part in lessons which will focus on the health education (HE) aspect of this programme after half term.

These HE lessons will include teaching about growing and changing including how our bodies change as we enter puberty, including hygiene and menstruation. These lessons will be blended with the Year 5 Autumn 2 PSHCE objectives. Pupils will have opportunities (as in all PSHCE lessons) to ask questions either within the class or anonymously. The pupils will then continue their Relationship and Health Education (RHE) lessons in the Summer Term.

Since September 2020, the statutory guidance for Relationship and Sex Education (RSE) has changed. Parents with children in Key Stage 2 will not be able to withdraw their children from any aspect of Relationship Education or Health Education (which includes learning about the changing adolescent body and puberty). Within Year 5, we will not be covering Sex Education, however it is important to understand that there may be class discussions or pupil questions that may address areas of sex education, and we want to make you aware that it is better to educate the pupils in an age appropriate manner and safe environment if this arises.

The focus of relationships education is to teach your child about what healthy and unhealthy relationships look like so they can be safe at school, at home and online. We will also teach them about how their friends' families might be different from their own families. Their friends might have different religions, speak different languages at home, or have 2 parents of the same gender.

The aim of our relationships education is to reinforce the values you're likely to be teaching your child anyway:

- Being kind to others
- Respecting others' differences
- Living in peace with each other



The Department for Education requires that we teach relationships and health education to all pupils. PSHCE education is taught throughout the school in every year group and is monitored and reviewed regularly by the teaching staff and governing body. Please visit the school's website: <http://www.edwardpeake.beds.sch.uk/> for more details about our PSHCE curriculum. All PSHCE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. If you'd like more information about PSHCE within Year 5, please speak to your child's PSHCE teacher about your concerns.

For more information on RSE within the primary education phase you may want to visit these websites and discover how you can best support your child to discuss these topics at home.

<https://www.bigtalkeducation.co.uk>

<https://www.parentkind.org.uk>

<https://www.bbc.co.uk/bitesize/subjects/z7f3cdm> - PSHCE and Citizenship

Thank you for your continued support.

Yours sincerely

A handwritten signature in black ink, consisting of a stylized initial 'D' followed by a long horizontal line.

Miss D Hooper  
Subject Lead for PSHCE