



**Great and Little Shelford C E (A) Primary School,**  
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*We live and work in harmony with love for one another so we can achieve our potential within a community of life-long learners*

Headteacher: Mr. Chris Grey PGCE, MEd

15<sup>th</sup> April 2026

Dear Year 5 Families,

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children’s learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children’s learning in this area takes place with you at home. We will shortly be beginning some work in year 5 about ‘Growing and Changing’. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our ‘Growing and Changing’ topic covers some elements of Science, some Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- **What are male and female sexual parts called and what are their functions?**
- **How can I talk about bodies confidently and appropriately?**
- **What happens to different bodies at puberty?**
- What might influence my view of my body?
- **How can I keep my growing and changing body clean?**
- **How can I reduce the spread of viruses and bacteria?**

**Bold** are from either of the statutory areas, Relationships Education or Health Education

We encourage you to discuss these areas with your child before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.

These are some useful sources of support:

- To read our Relationships Policy (including Sex Education) click [here](#).
- To read the government guidance for Primary parents/carers on RSE follow this [link](#).

You have the right to withdraw your child from the elements of our programme defined as sex education. Please contact Mr. Grey if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Mrs. Sheppard, Mrs. Dawson or Mr. Grey.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

With best wishes,

Mr. Grey  
Headteacher

Mrs. Dawson  
PSHCE Leader

