

Thursday 6th June 2024

Dear Parents and Carers,

### Year 5 PSHE

I am writing to you to let you know that this term, Year 5 will be teaching their 'changing me' unit which includes changes experienced during puberty.

All materials have been carefully selected and all staff have received training to ensure this is delivered in a factual, but sensitive way. As part of the sessions, children will have the opportunity to ask questions anonymously using an 'ask it basket'. There will also be two members of staff in the lessons so children are fully supported.

Below is an outline of the lessons being covered this half term. If you wish to view any of the materials being used in the lessons please contact me via the school office and I will be able to arrange a time to show you the resources.

- I am aware of my own self-image and how my body image fits into that
- I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally
- I can describe how boys' and girls' bodies change during puberty and I can express how I feel about the changes that will happen to me during puberty
- I can identify what I am looking forward to when I move to my next class.

Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues arise. Your child needs to know that it is OK to talk, and that you're happy to talk. They will learn this through your body language, tone and manner when you talk, so try to communicate as you would in any other topic of conversation.

Below are some simple strategies to make talking about feelings, relationships and the body more comfortable:

- Start by talking about something you both find comfortable, such as feelings and emotions
- Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly



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- Avoid 'The Chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving in the car or watching TV. This can help to normalise the conversation, easing uncomfortable feelings.
- Reading a story book containing relevant content is a helpful way to stimulate discussion with your child
- Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness
- Be prepared to listen. Your child will want to have their voice heard without feeling judged. Feeling listened to will encourage your child to talk about issues in the future
- If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a simple answer can provide a sufficient response.
- Try to listen calmly, even if what they say surprises you or concerns you. Remember that it is good that they are comfortable enough to discuss issues with you. They need to trust that you will not respond negatively

Make sure your child knows they can talk to you anytime about anything.

I thank you in anticipation of your support.

Yours sincerely,

Miss Lee

PSHE/RSE Lead



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