

Friday 1st May 2026

Dear Parents and Carers,

Year 5 Relationships and Sex Education

During the Summer term, Year 5 children will be taking part in a PSHE unit of work called 'Growing up'. This subject is in line with the National Curriculum and will provide the pupils with an opportunity to learn more about themselves, changes in the body and more importantly, an opportunity for them to discuss and share ideas with their peers.

As part of this unit, the children will build upon the knowledge learnt in Year 4 and will cover: -

- Understanding and exploring how humans change and develop, which will include looking at the human life cycle. During this session we will look at labelling external body parts using scientific language.
- Understanding changes which will occur during puberty, how to manage these changes and how to maintain personal hygiene.
- Understanding periods and wet dreams.
- Who to speak to if they have worries about personal, health related issues.
- Healthy relationships and exploring the meaning of consent at an age-appropriate level.

We will be holding a parent's meeting in school to give you the opportunity to see the resources and content of the lessons for yourself and ask any questions you may have regarding these. The date for the in-person meeting is **Wednesday 13th May 2026 and will run from 15:30 – 16:00**, which will be held in 5CB. **We ask that no children attend this meeting.**

If you are unable to make this meeting, the content will be available for you to view, discretely, on the school website, with the opportunity to email in any questions you may have.

If you have any questions or queries, please do not hesitate to ask via our school office email address solentjunior@thesolentschools.org.

We appreciate your support with this.

Kind regards

The Year 5 team.

Solent Junior School
Solent Road, Drayton, Portsmouth, PO6 1HJ

Executive Headteacher Mrs L Wilby
Head of School Mrs L Peterkin-Aldred

Tel (023) 9237 5459
Email solentjunior@thesolentschools.org
Web solentjunior.thesolentschools.org



THE
DE CURCI TRUST

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