



Upper Beeding Primary School

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Head Teacher: Mr M Andrews

June 2025

Dear Parents/Carers,

During this half term, Year 5 children will be involved in Relationships and Sex Education as part of their on-going Relationships, Social and Health Education curriculum.

In line with our policy we will be using the Kapow Primary RSE scheme of work; which uses videos, activities and discussions to introduce relationships and sex education at an age-appropriate level.

Topics covered with Year 5:

Puberty:

Learning about the physical changes that happen to the body during puberty and naming the sexual external parts of the body and internal reproductive organs.

Menstruation:

Learning about the menstrual cycle and other changes that happen during puberty.

Emotional Changes in Puberty:

Learning about the emotional changes that occur during puberty.

If you have any questions or concerns, please have a look at our PSHE page on the school website, or speak to your child's class teacher.

You can help your child by talking to them openly and positively about these topics.

Thank you for your support.

Mr A Hughes
PSHE and RSE Leader

