22 June 2026

Dear Parent/Carer

Re: Year 5 Relationships Education and Health Education

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. The children will receive lessons week commencing Monday 29 June 2026.

The purpose of Relationships and Sex Education (RSE) in Year 5 is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with the correct information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up; we hope that the sessions in school will reinforce what you are already doing at home.

The key aims of RSE are to:

1. Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
2. Establish an awareness of the importance of stable family life and relationships, including the responsibilities of parenthood and marriage.
3. Foster self-awareness and self-esteem.
4. Develop a sense of responsibility and respect for themselves and others.
5. Value diversity and celebrate differences between people

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The RSE curriculum includes a range of activities and carefully planned input from the class teacher. All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the subject content in an objective, balanced and sensitive manner.

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?

Parents can withdraw their children from all or part of sex education that currently does not form part of the statutory National Curriculum. If you wish to withdraw your child from all or part of our sex education programme, please contact the school office on 01733 246821 or primary@hamptoncollege.org.uk by Wednesday 24 June 2026.

If you have any questions, please do not hesitate to contact your child's class teacher.

Yours faithfully

Mr P Jones
Head of School (Primary Phase)

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