MAYHILL

JUNIOR SCHOOL

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29th June 2026

Dear Y5 Parents,

Since September 2020, the DfE have instructed schools to teach Relationships and Health Education. They have also strongly encouraged primary schools to deliver sex education to help prepare children for their transition to secondary school. At Mayhill we are using the leading children's health and wellbeing charity, Coram Life Education to support us in meeting these legal requirements.

There are many reasons why teaching Sex and Relationship Education (SRE) is vital:

- Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school.
- Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.
- There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. However, all national based research suggests otherwise.

What will they be taught?

This year, your child will be taught a group of lessons by their class teacher about physical, moral and emotional development. We discuss the importance of stable and loving relationships, healthy friendships, respect, love and care. SRE is one of three themes that make up our PSHE curriculum.

In Year 5, there are four main areas of learning:

1. Understand their body and emotions change as they approach and move through puberty, dispelling myths. This includes learning about menstruation and why it happens.
2. Know how to manage their personal hygiene during puberty
3. Know the correct words for the sexual organs.
4. Understanding of different kinds of relationships around the theme of marriage.

When we teach these lessons, boys and girls remain in their base class and the lessons are taught by their class teacher. However, we do offer a separate boys and girls lesson at the end of the unit as we find it gives them more confidence to ask any further questions.

Example lessons:

My changing body

Children will be introduced to the term puberty. They will label internal and external body parts and discuss the basic physical and emotional changes that happen during puberty and the stages of development between being a child and an adult. We will reassure them it is natural and part of growing into an adult. They will also discuss how to keep themselves clean.

During the lessons, we will use words such as penis, scrotum, vagina, and vulva, erection, sperm, wet dream.

Preparing for periods

In this lesson, boys and girls will learn about the menstruation cycle and what happens to a girl's body when she starts puberty. They will learn about the female reproductive organs and will discuss the role of sanitary or feminine hygiene products available. We reassure all children that periods are a normal part of growing up and nothing to be ashamed about. We will use the correct scientific names for each part of the body and provide time for children to ask questions in person and confidentially through a class 'worry box'.

My feelings are all over the place!

Children will reflect on the emotional changes during puberty and how this might lead to conflict with the people who love them most – their family! They will brainstorm the kinds of things they might fall out over before acting out solutions and the idea of 'compromise'. We will help them to understand the reasons why their emotions might change.

Together

The children will also discuss different relationships around the theme of marriage. Why some couples choose to get married and why others don't, whether the couple is same gender, how old you have to be to get married and that forced marriage is against the law in this country.

Your role

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore the following questions after our lessons with your child at home:

- How will my body and emotions change as I approach and move through puberty?
- What happens when girls' start their periods?
- How do I feel about growing up and changing?
- Can people of the same sex love each other? Is this ok?
- What is and is not appropriate to ask for or share online?

To aid the teaching of this topic we will be using online videos and worksheets. You can view them here: https://www.mayhill.hants.sch.uk/rse/ The password for the page is MayhillRSE

Please note, Year 5 will NOT be watching the lesson entitled **'How babies are made'** as this is Year 6 .

We would recommend allowing us to introduce the lessons to your child first, and then if you wish, discussing the content with your child after the lesson.

In Year 5, the lessons will take place in the week commencing **Monday 6th July** with lots of opportunity for discussion and questions.

We also have more information about the specifics of what we will be teaching in our RSE policy, which can be found on the school website.

When your child reaches Year 6 there are four main areas of learning that you may be interested to know about:

1. Understand human reproduction and the reproductive system and how birth fits into a human life cycle.
2. Understand that sexual intercourse happens before reproduction and is needed for conception. Non-statutory
3. Learn more about the importance of permission seeking and giving in relationships with friends, peers and adults (consent).
4. Discuss in more detail how each person's body belongs to them and the difference between appropriate and inappropriate contact

If you wish to get a book for your child, here are some suggested reads but do please read them first as some may be more suitable for year 6 children:

- *Girls Only* by V Parker
- *How your Body Works* by Judy Hindley
- *Let's Talk About Sex* by R H Harris
- *Sex is a Funny Word* by C Silverberg and F Smyth
- *The Period Book* by K Gravelle
- *The Puberty Book* by W Darvill
- *What's Happening to Me?* by P Mayle
- National Literacy Trust list of books about love

Useful books for parents

- *Questions Children Ask and How to Answer Them* by Dr M Stoppard
- *Speakeasy: Talking with your Children about Growing Up* by fpa (Family Planning Association)

Useful websites for children

- Amaze.org- Puberty section (Age 9+)
- Kids' Health - Menstruation
- Male puberty - including wet dreams

Useful websites for parents

- Outspoken - RSE worksheets
- Family Lives
- NSPCC
- Sex positive families
- Sitting in car YouTube Channel: how to talk comfortably with your kids about sex and consent

If you have any questions about the lessons or would like to discuss the resources, please do not hesitate to contact us at the school.

Yours sincerely,

Mrs Robson	Mr Edwards	Mrs Kellie	Mr Peaple
Year 5 Leader	Year 5 Teacher	Year 5 Teacher	PSHE/RSE Lead