

RIVER PRIMARY SCHOOL

Mrs Victoria Alliston
Acting Headteacher
Email: headteacher@river.kent.sch.uk



Lewisham Road
River
Dover
Kent CT17 0PP
Tel: 01304 822516
Email: office@river.kent.sch.uk

Be your best you

Dear Parents/Carers of children in Year 5,

Our PSHE (Personal, Social and Health Education) Programme follows the Jigsaw scheme. This has recently been reviewed as some of the content has become statutory as a result of changes to the national curriculum.

You can find our updated policy for PSHE and a guide for parents on our school website -
<https://federationlyddenandriverdover.secure-primariesite.net/relationships-sex-and-health-education/>

The Summer Term unit is called 'Changing Me' which is a school wide topic, although of course the content is different for each year group. This is an important part of the curriculum as it also builds children's understanding of safeguarding.

In Year 5, the children learn about puberty for both boys and girls considering 'inside changes' and 'outside changes.' An outline of the content is as follows:

- Self- Image and body image – Outward similarities and differences – exploring different images of children. Discuss how the media might present images that have been enhanced. Reinforce that media images may not always be a true reflection of the person. Promote positive self-image and discuss how enhanced images may affect the feelings of someone with a poor body image. Feeling good about ourselves.
- Puberty –Talk about feelings associated with this and how we can manage this ourselves and support others. Discuss any changes at puberty that we might find embarrassing or might feel positive about and know that it is normal for the timing of this to be different for different children. Know that both the changes and our feelings about them are normal.
- Menstruation – the female body - learn about the female reproductive system and how a period happens, including what happens if an egg is fertilised [but not conception]. Children also learn about sanitary products and their use including the facilities in school and how to get help if a period starts in school.
- Changes for boys – the male reproductive system. Learn about erections and wet dreams.

Puberty is taught as a statutory requirement of Health Education Curriculum. We understand that this is a sensitive subject and that as parents, you will want to be able to talk to your own children in an age-appropriate way and be ready to support and answer the questions that they may ask at home.

Yours sincerely,

Mrs V Alliston

Acting Headteacher



**Artsmark
Silver Award**
Awarded by Arts
Council England



PROUD TO BE A
**MUSIC MARK
SCHOOL**
2022 - 2023

Healthy Schools
Rating Scheme
SILVER
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