



New Milton Junior School

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Deputy Headteacher: Emma Grinyer, B.Ed

Thursday 14th May

Dear Parent/Carer,

Year 5 RSE (Relationships and Sex Education)

During the week beginning 1st June, we will begin our CPHSE and Science unit of work that involves the children looking at how they change physically, and how their emotions and attitudes change as they go through puberty.

With all our Relationships and Sex Education (RSE) teaching, we show the children that we all go through the same changes in our bodies as we grow and develop as a person.

The lessons will include:

- Learning the correct terminology for male and female body parts.
- Discussion time on how they may feel about changes happening to them during puberty.
- The difference in the changes for boys and girls, and how their feelings and emotions will alter.
- The importance of hygiene as their bodies change.
- Producing a booklet to bring home to share, offering you an opportunity to discuss issues with your child.

If you would like to view the video clips prior to the children viewing it, the links are below.

- <https://www.youtube.com/watch?v=oQZ4HLosRNw>
- <https://amaze.org/video/puberty-wet-dreams/>

We believe this unit of work is very important for the children; however, as a parent, you do have the right to withdraw your child from any of these lessons. If you would like to withdraw your child or have any concerns, please do not hesitate to contact your son or daughter's class teacher via the school office by Thursday 21st May 2026.

Yours sincerely,

The Year 5 team

