



St. Paul's Church of England Primary School

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20<sup>th</sup> June 2024

Dear Parent/Carer,

### **Year 5 PSHE and Relationships Programme**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) and Relationships, Sex and Health Education (RSHE) course, using SCARF resources from the leading children's health and wellbeing charity, Coram Life Education. We look at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks, our school will be welcoming a Coram Life Education (CLE) educator into our school to deliver some of the RSHE aspects of our PSHE programme to years 4, 5, and 6. This programme is designed to help children prepare for the changes that take place, both physically and emotionally during puberty, as they enter their adolescent years and to help them make healthy choices and keep themselves safe during their school years and beyond. It will also help us to ensure that we cover Relationships Education and Health Education, which became a legal requirement from September 2020. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

You and your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their session and you are very welcome to come into school to see the resources for yourself. The workshops, led by an experienced, trained CLE educator, will be delivered to our Years 4, 5 and 6 pupils and will focus on body changes and keeping safe. Your Year 5 child will be exploring these themes through examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls and boys bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years, consistently shows that adults who reported that *lessons at school were their main source of information*

*about sex* were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well. If further advice or support is required or you have questions about the programme and resources, please do not hesitate to speak to your child's class teacher or the Headteacher.

Yours faithfully,

A handwritten signature in black ink that reads "J Johnson". The signature is written in a cursive style with a large, stylized initial "J".

**Mr James Johnson**  
**Head of School**