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Chalfont St Giles Village School

Headteacher: Mr A Haywood
Website: www.csgvillageschool.org

25th March 2026

Dear Parents/Carers,

Year 5 Science/PSHE: Sex and Relationships Education

As part of their *Developing Knowledge for the study of Living Things and their Habitats and Developing Knowledge for the study of Animals including Humans* topics in science, Year 5 will be learning about the life cycles of plants and animals, including humans.

In order to complement this learning, we intend to carry out *Sex and Relationships Education (SRE)* for Year 5 this term. This is a vital part of the curriculum and continues on from work done in Years 3 and 4 on gender differences. This year we are again using materials from the Christopher Winter Project, which has been endorsed by the PSHE Association with their quality mark. The Association states that the content of these materials is in line with best practice in PSHE teaching and learning. Evidence strongly suggests that the earlier a child becomes familiar with moral and social aspects of SRE, in addition to the biological facts surrounding puberty and reproduction, the more secure they will be in making informed and responsible choices in adulthood.

Included with this letter (below) is a summary of the aims and objectives of the sessions. If you would like more information about the content of the sessions, please let us know by emailing the school office. Some of the content from the science curriculum to do with animals (not humans) will have been taught before this time, so the children may use certain accurate scientific vocabulary. The boys and girls will be taught in discrete groups for these sessions.

You have the right to withdraw your child from the SRE lessons if you so wish. If this is the case, you should email the school office by **Monday 13th April**.

Yours faithfully,

Mr O'Sullivan and Miss Shine
Year 5 Class Teachers



YEAR 5 - PROGRAMME OF SEX AND RELATIONSHIPS EDUCATION 2026

Lesson 1: Talking about puberty

Learning objective:

- To explore the emotional and physical changes occurring in puberty

Children will be able to:

- Explain the main physical and emotional changes that happen during puberty
- Ask questions about puberty with confidence

Lesson 2: Male and female changes

Learning objective:

- To understand male and female puberty changes in more detail

Children will be able to:

- Understand how puberty affects the reproductive organs
- Describe how to manage physical and emotional changes

Lesson 3: Puberty and Hygiene

- To explore the impact of puberty on the body and the importance of physical hygiene
- To explore ways to get support during puberty

Children will be able to:

- Explain how to stay clean during puberty
- Describe how emotions change during puberty
- Know how to get help and support during puberty