



**BEARWOOD**  
**Primary and Nursery School**  
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*Learning, Enjoying & Succeeding Together*

Wednesday 15<sup>th</sup> May 2024

Dear Parents & Carers,

I am writing to let you know that next half term will be having PSHE sessions about 'Changes', including information about puberty, menstruation and sexual relationships. Please see below for a little more information on the content of Year 5's sessions. These sessions will be with teaching staff, whom they know and should feel at ease with. Our policy states that our approach to Sex Education is primarily to help children cope with the physical and emotional challenges of growing up. Sex education will not be taken out of context or over emphasised in any way. It will sit firmly within our PSHE and Citizenship programme, which takes directive from the National Curriculum which all children of this age follow. The biological aspects of sex and reproduction have been covered as required in science lessons. The lessons will provide simple information for the children and also give them a supportive forum if they wish to ask any questions.

Relationships Education is compulsory in all primary schools in England. However, parents have the right to request their child be withdrawn from some or all of the Sex Education that is being delivered. If you decide to withdraw your child from some or all of the Sex Education lessons or would like to discuss the sessions further then please email [school@bearwood.poole.sch.uk](mailto:school@bearwood.poole.sch.uk) by Wednesday 22<sup>nd</sup> May and address the email to your child's class teacher. At Bearwood, we strongly recommend that all pupils are involved with Sex Education lessons.

Year 5 – 'Changes' sessions will cover;

- Puberty for girls – physical changes and feelings about them – importance of looking after yourself. Vocabulary used – puberty, menstruation, periods, sanitary towels, sanitary pads, tampons, ovary, vagina, womb/uterus.
- Puberty for boys – developing understanding of changes for both sexes – reassurance and exploring feelings. Vocabulary used – puberty, sperm, semen, testicles/testes, erection, ejaculation, wet dream, larynx, facial hair, growth spurt, hormones.
- Conception – understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of new life. Vocabulary used – relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF).

More information about these sessions can be found within the accompanying PowerPoint.

Yours faithfully,

Mrs Ladyman  
PSHE Leader



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