



Maltby
Lilly Hall Academy

28th June 2021

Y5 Relationship, Sex and Health Education

Dear Parents / Carers

In the next few weeks we will be starting a topic with the year 5 children the changing adolescent body. This topic is part of our Relationship, Sex and Health Education programme that follows the current guidance which will include objectives from the year 5 scheme of learning we follow as a school.

Taking into account the Relationship, Sex and Health Education parental survey carried out this year, these are the aspects we will be covering with year 5 pupils:

H1a - That mental wellbeing is a normal part of daily life, in the same way as physical health.

H8b - About menstrual wellbeing including the key facts about the menstrual cycle.

H1b - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

H1d - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

H1i - Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

H8a - Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

R3h - The importance of permission- seeking and giving in relationships with friends, peers and adults.

R5a - What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

R5c - That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

[MLT Relationships & Sexual Health Policy](#)

The aim of this programme is to equip our children with the knowledge and understanding they need to understand the changing adolescent body. If you have any questions, please speak to Miss Denton, Mrs Watts or Mrs Dougherty who will give you any information you require.

We thank you for your support with this.

Yours faithfully

Miss Denton, Mrs Dougherty and Mrs Watts
Class Teachers

MALTBY LILLY HALL ACADEMY

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