



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
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Tuesday 21st October 2025

Dear Parents/ Carers,

As part of our Personal, Social and Health Education (PSHE) curriculum, Year Five will be covering work based on Relationship and Sex Education. This learning will take place across a sequence of lessons commencing in November. The children will be split into genders to receive these lessons, as, in our experience, this makes the children feel more comfortable.

The focus of this work will relate to:

human reproduction focusing on how a baby grows and develops in the mothers womb
body parts and the changes which occur during puberty- why they occur and how to deal with them (e.g. managing emotions and personal hygiene)
different types of relationships
strategies to deal with feelings in the context of relationships

You may find that your child starts asking questions about the topic at home or you may wish to take the opportunity to talk to your child about issues such as those above, before the work is covered in school.

As you are aware, we take our Relationship and Sex Education Lessons from the Ten Ten programme 'Life to the Full' which aligns with our Catholic principles. Although you have the right to withdraw your child from parts of the Sex Education curriculum which are not included in the National Curriculum, we would strongly urge that you support the programme and encourage your child to participate fully in lessons. It is vitally important that children receive clear and relevant information in this area.

Yours sincerely,

Mrs R Horn
PSHE Lead

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