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11<sup>th</sup> July 2024

Dear Parents/Guardians,

Year 5's final RSE and PSHE unit this year focuses on 'Safety and the Changing Body'. This work will build on their previous learning in Year 4.

The key knowledge and skills developed are:

Valuing different family structures.

Creating and maintaining positive friendships.

Developing safe and respectful relationships.

Understanding the changes that take place during puberty.

Promoting good health and carrying out first aid.

Learning to make independent choices and not be influenced by others.

Operating safely in a digital world.

If you have any questions relating to any of the above, please do not hesitate to contact your child's teacher.

Kind regards,  
Miss. A. Watson