

2nd July 2026

Dear Parents and Carers,

Over the coming week, Year 5 pupils will be taking part in lessons as part of the school's Relationships and Sex Education (RSE) curriculum. These age-appropriate lessons will cover puberty (physical and emotional changes) and menstruation in line with statutory guidance. Lesson resources, including videos, are taken from Kapow Primary, a nationally recognised and accredited provider of curriculum-aligned RSE materials.

These lessons are designed to help children understand the changes they may experience as they grow older and to promote positive health, wellbeing and self-awareness. The content covered forms part of the statutory primary curriculum and supports pupils' understanding of puberty and human development.

If you have any questions, please do not hesitate to contact your child's class teacher.

Yours sincerely,

Mrs Norman and Mrs Roberts