

PRESTON MANOR SCHOOL

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Tuesday 2nd December 2025

RHSE Lessons in Year 5

Dear Parents/Carers,

Next half term, the children will be learning about Relationships, Health and Sex Education [RHSE], at an age appropriate level, in their PSHE lessons. You have already had an opportunity to look at the resources that will be used in these lessons.

The Relationships and Health sections are statutory and all children will be taught these lessons. The Sex element of the lessons is not statutory. This means that you can withdraw your child from the lessons. [Only Year 6 are taught this part.]

Year 5 children will focus on the Relationships and Health sections of RHSE. Children will look at the word puberty, understand what it means and the reason why bodies go through this change. They will also consider and describe the changes that take place during puberty - both physical and emotional.

The revised RHSE programme [July 2025] places a stronger emphasis on kindness, respect, personal boundaries and consent, while also helping pupils recognise unsafe behaviour, bullying and harassment in age-appropriate ways. Online safety has been expanded to cover fake or altered content, online pressure, and the emotional impact of internet use. Children will also learn more about emotional regulation, resilience and how to seek help when needed. This has already been incorporated into our teaching.

The slides from the parent meeting have been emailed to you and are on the website.

There are no Sex elements in the RHSE lessons taught to Year 5 children, therefore **all PSHE lessons are statutory.**

Thank you for continuing to support your child's learning.

Yours sincerely,

Qudsia Siddique
Deputy Head of the Lower School