



# Beeston Primary School

Town Street, Leeds, LS11 8PN

“Engage, Enjoy, Enrich, Excel”

Thursday 27<sup>th</sup> March 2025

Dear Parent/Carer,

As part of the Upper Key Stage 2 PHSE curriculum, we will be delivering a series of lessons under the heading of Relationships and Sex Education (RSE) to Year 5 pupils the week beginning **Monday 19<sup>th</sup> May 2025.**

Our aims are to encourage children to reflect and understand both the physical and emotional changes that affect them at this time. The lessons will focus on:

- \* The way we grow and change throughout the human lifecycle
- \* The physical changes associated with puberty
- \* Menstruation
- \* The impact of puberty on physical hygiene and strategies for managing this
- \* How puberty affects emotions
- \* How to deal with feelings in the context of relationships
- \* Where to seek support and advice when they need it

Lessons will be delivered by class teachers in classes offering optimum ease for discussion in a safe environment. Through circle time, quizzes, videos and discussions, children will engage with the different areas within the topic.

We will be holding a PSHE meeting so that there is an opportunity for parents and carers to view the materials in full. The meeting will take place on **Tuesday 29<sup>th</sup> April at 9:00am.**

We hope you will agree with us that this work is vitally important for children, that it needs to be done age-appropriately and that our agreed syllabus (which can all be found on the school website) gives us a secure way to do this.

We hope you, like us, will see the materials as educationally sound and beneficial to our children, helping to safeguard them. If you have any more specific concerns in relation to your child, please make an appointment to see Mrs McAvoy (Assistant Headteacher, PHSE Leader and Department 4 leader), via the school office so we can work together to provide an accessible programme. If you would like to attend the meeting, please call the school office by **Tuesday 22<sup>nd</sup> April 2025.**

Yours sincerely

Mrs McAvoy and Miss Swan-Francis

Headteacher: Mr. N. Edensor

Tel. No: 0113 2716978

Email: [mainoffice@beestonprimary.org](mailto:mainoffice@beestonprimary.org)

[www.beestonprimaryschool.co.uk](http://www.beestonprimaryschool.co.uk)