



Coulston Church of England Primary School

Bradmore Green

Old Coulston

Surrey. CR5 1ED

Telephone: 01737-554789

email: office@ccofoe.uk

Head Teacher: Mr Paul Garratty B.Ed (Hons); MA

Dear Parents & Carers,

4th June 2024

RSE Curriculum – Year 5

As part of the RSE (Relationships & Sex Education) National Curriculum, the children need to understand the process of changes which their bodies will go through in the next few years as they enter puberty. One component of this is the menstrual cycle which obviously has a direct effect on the girls but is also important for the boys to understand as well. Over the coming weeks, during their PSHE / RSE lessons, children will be learning about puberty in general and about the body changes that occur in both boys and girls. They will have the opportunity to learn the male and female body parts and to discuss the changing adolescent body, including physical and emotional changes. This discussion will also include personal hygiene.

If you have any questions or wish to discuss what is being covered, please do not hesitate to contact me or your child's class teacher.

Yours faithfully,

Mrs Lauren Pullin

Year 4 Class Teacher

PSHE & RSE Lead

