

ALDER COPPICE PRIMARY SCHOOL

Achievement through Commitment

Headteacher: Mr P Mandelstam

19 May 2026

Dear Parents,

Year 5 Relationships and Sex Education (RSE)

As part of their scheduled Personal, Social and Health Education (PSHE) programme Year 5 have a unit on Relationships and Sex Education.

We will be delivering this programme to the children during June (dates below). The programme content will include: Growing Changes; Emotions; Personal Hygiene; Menstruation and Reproduction and all of the lessons will be led by Mrs Randall, our Designated Safeguarding Lead.

The content of the programme reflects government recommendations for this age group and also takes into account what has been delivered on previous occasions. Some elements incorporate the Science National Curriculum and the statutory Relationships Education which are both compulsory for all Key Stage 2 children.

However, parents do have the right to withdraw their child from some or all of the specific Sex Education programme. Any parent wishing to do so should put this in writing via the School Admin account to Mrs Randall by **10am Friday 22 May 2026**. Please note that children will be taught as separate boys and girls groups for which the majority of the time will focus on body changes and puberty, which all children will take part in and then any children whose parents do not wish them to take part will leave before the final part, which will be the section on reproduction.

The sessions are planned to run as follows:

Girls (2 groups) –
1st Session – Monday 1 June
2nd Session – Tuesday 2 June (5C), Wednesday 3 June (5A)

Boys (2 groups) – 1st Session – Monday 1 June
2nd Session – Tuesday 2 June

The RSE Policy is available on the School Website (under Policies) should you wish to find out more information. Should you have any questions about the programme please contact Mrs Randall via the School office.

Yours sincerely,

Peter Mandelstam

Peter Mandelstam
Headteacher

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