



**Garfield Primary**  
Today's children, tomorrow's future.

Monday, 26<sup>th</sup> February 2024

### **PSHE CURRICULUM FOR YEAR 5**

Dear Parent/Carer,

This term, as part of the Relationship, Social, Health Education curriculum, your child will be learning about *Safety and the Changing Body*. This will cover a variety of topics covering Safety and Health Education, such as: online safety, first aid, impact of illegal substances on our health, puberty, introduction to menstrual cycle (these lessons will be taught in single-gender groups). These areas of learning are a part of Safety and Health Education and vitally important to all children and the school recognises that relationships and sex education is a shared responsibility between schools and parents/carers.

In line with recent changes to RSHE statutory guidance, parents retain the right to withdraw their child from certain elements of Sex Education at primary and secondary school. The right to withdraw refers only to the Sex Education element of RSHE. Parents are not able to withdraw their child from Relationships or Health Education.

#### **Unit Outcomes:**

- Safety Education
  - Understand what is safe to share online and possible dangers of using the internet.
  - Understand how quickly information can spread on the internet and some of the risks associated with that.
  - Understand the difference between private and public, and secrets and surprises.
- Health Education
  - Assess and give first aid to a casualty who is bleeding and seek medical help.

- Understand the changes they have already gone through and aware of some changes to come.
  - Understand and list the changes each gender will go through during puberty.
  - Know the names of parts of the body, including those of the private parts for their gender.
  - Understand that the other people can influence our decisions but we have the right to make our own choices.
- Additional links and resources:
    - To access Parental Guidance slides from our scheme of work, Kapow, please refer to the school website
    - <https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-body/>  
<https://www.talktofrank.com/>

If, after looking at the objectives and resources, you have any questions about the RSHE curriculum, do not hesitate to get in touch with Ms Gabruk or talk to the class teacher.

Yours sincerely,

*M Gabruk*

Ms M. Gabruk  
Acting Deputy Headteacher  
for Inclusion & Safeguarding