

Monday 6<sup>th</sup> March 2023

### Year 5 – RSHE

Dear Parents and Carers,

During the Spring and Summer Term, as part of the school's Jigsaw PSHE programme, your child will receive Relationships, Sex and Health Education (RSHE) lessons.

RSHE lessons at Roebuck Academy focus on healthy relationships and keeping children safe in the modern world. They also cover a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships.

Learning about the emotional, social and physical aspects of growing up, will give your child the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being.

All teaching of RSHE will take place in a safe learning environment and be underpinned by our school ethos and values as well as our Class Jigsaw Charters. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what may affect them personally.

We have copied over (back page) the exact unit of lesson objectives and their key concepts and have also attached a parent guide to our website to provide you with more detailed information about how Jigsaw RSHE is taught in school, along with some handy tips of how you can talk to your children at home about these topics. Below is a link to where you will find this document. It is called 'RSHE A Guide for Parents and Carers'.

<https://www.roebuck.herts.sch.uk/page/?title=PSHE+%2D+JIGSAW&pid=165>

Additionally, you are more than welcome to come in to discuss any of the content being taught.

Yours sincerely,

Mrs Norman and Mr Downie

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## Year 5 SRE: Overview

Lesson Content	Objective	Tasks	Key Concepts
Self and Body Image	I am aware of my own self-image and how my body image fits into that	Sorted adjectives into positive/negative phrasing  Explored celebrities – airbrushing  Explored own self-image, what we like/dislike about ourselves. Turned ‘negatives’ into ‘positives’	
Puberty in Girls	I can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally	Explored female parts – names  Explored ‘menstrual cycle’ – animation of egg  Explored ‘worries’ from teens and how to deal with them	
Puberty in Boys	I can describe how boys’ and girls’ bodies change during puberty	Explored male parts – names  Animation – sperm and how this meets the egg to fertilise  Puberty quiz – matching statements to key words  Discussed statements about puberty – agree/disagree	
Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made	Explored relationships and ‘couples’  What should a couple do before having a baby? (sort statements into order of importance).  Discussed that sexual intercourse is needed to have a baby – sperm meets egg and fertilises  Discussed other means of having a baby (adoption, IVF treatment)	
Looking Ahead (Being a Teenager)	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities	Looked at teenage magazine covers – what do these show about teenage life?  Discussed hopes and fears about growing up  Created ‘graffiti art’ about growing up/being a teenager	