

13<sup>th</sup> May 2026

### **Year 5 PSHE & Science Curriculum**

Dear Parents and Friends of Castle Hill,

As part of our PSHE and Science curriculums in the Summer Term, we will be looking at puberty and the changes that happen to boys' and girls' bodies during this stage of their lives.

In this unit of work, we will be covering:

- Body image
- How a girl's body changes during puberty and the importance of looking after themselves
- Menstruation
- How a boy's body changes during puberty
- Becoming a teenager

The lessons will involve lots of discussions and we will use images of the human body and how the body changes over time.

We are hoping to teach this unit of work at both Greenbank and Rooksdown the week beginning 15<sup>th</sup> June 2026.

If there is anything you would like to discuss, or if you would like to view any of the resources that we will be using prior to these lessons being taught, please do not hesitate to contact us or a member of the Year 5 Team by emailing [admin@chjs.net](mailto:admin@chjs.net) by Friday 5<sup>th</sup> June 2026.

Many thanks for your continued support

Mrs Barker and Mr Clarke