

Dear Parents and Carers,

We would like to inform you about two topics being taught this half term in Year 5 and give some detail about what each topic covers.

### Science: Animals Including Humans

This topic is part of the statutory **National Curriculum for Science**, and it builds on pupils' prior learning about the human life cycle and introduces more detailed knowledge about human development and changes across different life stages.

During this topic, children will explore:

- The six stages of the human life cycle: foetus, baby, child, adolescence, adulthood and old age.
- How different animals, including humans, reproduce and grow.
- That babies depend on parents and grow rapidly in early life.
- The gestation periods of various mammals (e.g., humans vs. elephants).
- The physical and emotional changes that occur during **puberty**, including the development of secondary sexual characteristics (e.g. menstruation, voice changes, growth of hair).
- Changes associated with ageing, such as grey hair, wrinkled skin, and bone brittleness.

This content is part of the **statutory Science curriculum** set out by the **Department for Education**. According to the National Curriculum, by the end of primary school, children should: "Describe the changes as humans develop to old age." This includes learning about puberty as a **biological process**, separate from any discussion about relationships or personal values. In Science, reproduction and puberty are taught factually and sensitively as part of understanding how living things grow and develop.

### PSHE: Changing Me

As part of our ongoing commitment to providing comprehensive and age-appropriate education for your child, we will be introducing the Relationship and Sex Education component of our PSHE (Personal, Social, Health and Economic) curriculum through the 'Changing Me' unit. This unit is designed to help children understand the concept of growth and change in a sensitive and age-appropriate manner.

During this topic, children will explore:

- Self and body image
- Understanding of puberty, the physical and emotional changes, in both boys and girls. This is a statutory requirement of Health Education and the above science topic. Therefore, the parent right to withdraw their child is not applicable.
- Physical Differences and Personal Hygiene: Discussing the physical differences between boys and girls, and the importance of personal hygiene during puberty and menstruation

## How We Teach

Our approach is to provide this information in a safe, supportive and non-judgmental environment. All lessons are taught using age-appropriate, accurate scientific vocabulary. The lessons will be delivered through age-appropriate activities, stories and discussions. We aim to foster a positive and respectful understanding of these natural changes, ensuring children feel comfortable and informed.

We are committed to ensuring that our students children receive a well-rounded education that supports their overall Health and Well-being. We understand that topics around puberty and human development may prompt questions at home. We encourage you to have open conversations with your child.

If you would like to preview the teaching materials or discuss any aspect of this topic, please feel free to contact your child's teacher.

Thank you for your continued support in your child's learning journey.

Yours sincerely,

Year 5 Staff