

# Dulwich Hamlet

Junior School



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Headteacher: Mrs Claire Purcell

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Dear Parents and Carers,

We are writing to let you know that from the week beginning **Monday 22<sup>nd</sup> January**, we will begin teaching Year 5 Relationship and Sex Education (RSE) lessons as part of our PSHE curriculum for this half term.

This content is delivered in the Spring 1 half term so that we can provide important information about puberty to Year 5 children in a timely fashion, better preparing them for the physical and emotional changes they will start to experience. Details of the statutory requirements for relationship and health education can be found in our [Relationships and Sex Education Policy](#).

Over three lessons the children will learn about emotional and physical changes during puberty, the importance of personal hygiene and accessing support during puberty. The lessons cover the following topics:

- Physical and emotional changes during puberty
- Changes to the male and female reproductive organs (including menstruation and wet dreams)
- Personal hygiene and getting support during puberty

The materials used in these lessons are produced by the Christopher Winter Project. They have been developed by the PHSE association, are recommended by Southwark and are age appropriate.

If you have any questions about the content of the unit, or wish to see any of the resources, please get in touch via email: [vbegley.210@lgflmail.org](mailto:vbegley.210@lgflmail.org)

Best wishes,

Year 5 Team

