



Ms Sue Lovecy, Head of School

24 June 2025

**Growing Up PSHE Programme**

Dear Parents and Carers,

As part of our Year 5 Growing Up PSHE topic this term, we will be covering the following areas:

- human reproduction
- changes in boys during puberty
- changes in girls during puberty
- changing emotions
- relationships and families
- where do I come from (looking at the sperm meeting the egg)

In Year 6 the children will cover:

- naming physical changes young people will experience during puberty
- changes young people might experience during puberty
- appreciate that there is no such thing as a perfect body
- list things that all loving relationships have in common
- explain what a sexual relationship is
- explain how babies are conceived and how they are born
- identify someone they could talk to about their changing body, should they need to.

If you have any questions or concerns, please refer to our RSE Policy on the website or alternatively, please speak to your child's class teacher.

Yours sincerely,

Mrs C. Jones  
Deputy Headteacher

**ST MARTINS SCHOOL**

Moors Bank  
St Martins  
SY10 7BD  
01691 776500  
[reception@stmartins3-16.org](mailto:reception@stmartins3-16.org)