



Alameda Middle School

Ambitious ■ Motivated ■ Confident to Soar

Relationship and Sex Education - Year 5

December 2025

Dear Parent/Carer

As part of our PSHE programme, next term, students will be partaking in our Relationships and Sex Education (RSE). These lessons will be delivered by their subject teachers on a range of various topics regarding RSE education.

As you may already be aware, Relationship Education, along with Health Education, has become part of the statutory National Curriculum.

As part of our school's wider Personal, Social and Health Education programme, your child will this term receive lessons on relationships, sexual health and personal safety. The purpose of the upcoming curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

The emphasis here will largely be on:

- Family
- Emotional changes during puberty
- Physical changes during puberty
- PANTS – The underwear rule
- The importance of cleanliness and hygiene

Should you wish to know more about the programme and the methods we adopt to teach it then please do not hesitate to contact me.

Yours sincerely

Mrs H Sibley
Assistant Headteacher
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PROUD TO BE A
MUSIC MARK
SCHOOL
2024 - 2025



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