

Monday 11 May 2026

Dear parents,

### **Teaching of Relationships and Sex Education (RSE) in Summer 2**

As part of your child's education at Grange Park, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme, which includes the teaching of Relationships and Sex Education (RSE).

To review how Relationships and Sex Education is implemented at Grange Park, including examples of learning and information about the curriculum, please review the slides from our previous parent workshop [here](#).

Next half term (Summer 2), your child will be participating in the 'Changing Me' topic, which teaches Relationships and Sex Education objectives. Below is a short overview.

#### **Year 5 objectives**

- Identify changes that have been and may continue to be outside of my control that I learnt to accept.
- Be aware of my own self-image and how my body image fits into that.
- Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally.
- Describe how boys' and girls' bodies change during puberty.
- Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities.

Thank you for your continued support. Please do contact me if you have any questions.

Kind regards

Rebecca Neale  
**Deputy Headteacher**