



Believe, Strive, Achieve

Winklebury Federation

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Dear Parents

In Year 5 RSHE (Relationships, Sex, and Health Education), children will learn about healthy relationships, online safety, and personal well-being. The curriculum focuses on building foundational knowledge and skills for navigating relationships, understanding online environments, and recognizing risks.

Key topics covered in Year 5 RSHE include:

Healthy Relationships - Understanding different types of relationships, including family, friendships, and online connections. Pupils will explore the qualities of healthy relationships, such as respect, trust, and empathy, and how to identify unhealthy or harmful relationships.

Personal Well-being - Exploring feelings, emotions, and how to manage them. This includes understanding puberty and the changes that occur during this period.

This lesson is planned for Tuesday 8th July. Children will also have the chance to ask anonymous questions and have them answered by staff.

You have the right to withdraw your child from these sessions but please make an appointment to meet with me before you take such a decision, so that it can be fully discussed with you. If you decide to withdraw your child from this part of the curriculum, you will be asked to complete a form to show that this is your decision.

If you have any further questions, please do make an appointment to see me via the Admin

Yours sincerely

Miss Walker
Acting Head of Federation