



Friday 9th January 2026

Dear Year 5 Parents/Carers,

In P.S.H.E/RSE this term, Borton's topic is 'Safety and the Changing Body'. Please see what Year 5 will be learning about in term 3:

- I know the steps to take before sending a message online (using the THINK mnemonic).
- I know some of the possible risks online.
- I can discuss some of the emotional changes through puberty.
- I can identify reliable sources of help with puberty.
- I know that puberty happens at different ages for people.
- **I know and understand the process of the menstrual cycle.**
- **I know the names of the external sexual parts of the body and the internal reproductive organs.**

The learning outcomes in red will be broadly taught separately to Year 6 and will form part of the children's Relationships and Sex Education (RSE). As a school, we follow the scheme: 'Kapow' for this subject. Whilst, all of the above is statutory to teach in accordance with the National Curriculum, we felt it was important to let you know in advance.

You may want to speak to your child prior to this. There are many supporting resources available online which you may find useful in your conversations.

An overview of all PSHE and RSE content can also be found on our website found here: [Hunton Primary School](http://Hunton%20Primary%20School).

As ever, thank you for your continued support.

Best wishes,

Mr Ming