



Allenbourn Middle School
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Headteacher: Mr M Legge B.Ed (Hons) NPQH

24th March 2026

Dear Parents/Carers

Pupils in Years 5 and 6 will be starting lessons about Relationship and Sex Education within their PSHE curriculum in the summer term. These lessons are very much geared to each year group, to ensure that every child is being provided with the appropriate knowledge and understanding required. It is the aim of the Government and the Local Authority to ensure that children are well versed with this area of their education. It is felt, through evidence, that those children who have a greater understanding can make positive choices in the future.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across the Initio Learning Trust, using guidance from the National Curriculum, Ofsted and the PSHCE Association. All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

Please find below a brief outline of the lesson content:

Year 5: Relationships.

This unit will cover three main themes: relationships, puberty and looking after themselves. Your child will learn about different types of relationships, the differences and similarities between males and females and the changes that will happen to their bodies during puberty. They will also understand how to look after their physical, mental and emotional health as they go through puberty.

Year 6: Relationships.

This unit will cover the themes of healthy relationships, the link between puberty, sexual intercourse and a baby and committed and loving relationships. Your child will learn about the importance for respect within a healthy relationship and understand what is meant by a committed, loving relationship. They will also learn about age restrictions for sexual intercourse and how a baby depends on adults emotionally and financially in order to meet their basic needs.





Parents or guardians may withdraw their child from the RSE programme. If you wish to withdraw your child, please email your child's tutor before the programme starts. We highly recommend that pupils are involved with all aspects of the RSE programme.

I have attached a general powerpoint that explains in more detail the content that will be taught. In addition, if you feel you would like more information we are holding a drop-in session for parents on Wednesday 13th May 2026 3:30 - 4:30 where we can discuss the programme further and look at the resources we will be using.

Yours sincerely

R Wright
Head of Year 5 and KS2 PSHE Lead