

# Colmers Farm Primary School

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22<sup>nd</sup> May 2026

Dear Parents / Carers,

This year, during the summer term, children will receive sex and relationships education lessons (SRE). At Colmers Farm, sex and relationships education begins in Year 1 and continues throughout the school. We believe that this element of the curriculum is **vital** in preparing our children for the future.

Below is an outline of the sex and relationships education lessons that will be taught in Year 5 during the summer term.

## Year 5 sex and relationships education lessons summary:

There are 3 lessons. Here is a summary of what the children will be learning:

1. Explore the emotional and physical changes occurring in puberty. The learning outcomes are to explain the main physical and emotional changes that happen during puberty and to ask questions about puberty with confidence.
2. To understand male and female puberty changes in more detail. The learning outcomes are to understand how puberty affects the reproductive organs and to describe what happens during menstruation and sperm production.
3. Explore the impact of puberty on the body and the importance of physical hygiene. The learning outcomes are to explain how to keep clean during puberty, to explain how emotions/relationships change during puberty and to know how to get help and support during puberty.

If you want to remove your child from these lessons, you must write a letter and send it into school **no later than Monday 1<sup>st</sup> June 2026**, otherwise your child will participate in the activities planned.

If you have any questions or wish to find out more information, then please do contact school to speak with myself or a member of the Senior Leadership Team.

Thank you for your continued support,

**Mrs Greep**  
Personal Development Lead



Artsmark  
Silver Award  
Awarded by Arts  
Council England

