



St Joseph's

Catholic Primary School

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Monday 10th July 2023

Dear Parents and Carers,

RE: - Year 5 – Sex and Relationship Education (SRE) lesson

Next week all children are timetabled to part in a Sex and Relationship Education (SRE) lesson.

At St Joseph's Catholic Primary School, we recognise that as parents you are the first educators of your children, and in doing so have primary responsibility in teaching your children how to build healthy, loving relationships. As a Catholic school however we also play a vital part in supporting you in doing this. The Governors of St Joseph's have adopted the '**A Journey in Love**' programme to support Relationships and Sex Education throughout the school (Reception to Year 6).

The programme is authentic to the teachings of the Catholic Church. Below, is a brief outline of the content in the programme for Year 5 class.

Children know and understand the virtues essential to friendship e.g. loyalty, responsibility and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

Children know and become aware of the physical and emotional changes that accompany puberty- sensitivity, mood swings, anger, boredom, etc.

- They grow further in their understanding of God's presence in their daily lives.
- Examples of Year 5 activities:
- Identify and celebrate the ways I have changed since birth
- Discuss the external and internal changes which happen to boys and girls in puberty- pupils will be divided into male and females and taught separately for this section of the unit
- Recognise behaviour changes as we grow up
- Identify that physical changes from child to adult means the ability to become a mother or father
- Reflect on ways to become more sensitive to the emotional development of oneself and of others

Please click [here](#) to view the slides that will be used to deliver the curriculum in your child's class.

Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. If you wish to withdraw your child from all or part of the schools sex education programme, please notify the school office or email support@stjosephs.greenwich.sch.uk by midday on Monday 17th July 2023.

Yours sincerely,

Miss S Long
Headteacher

'Learn together and grow in God's love'

Aspiration - Compassion - Community - Faith - Respect - Responsibility