



Coulston Church of England Primary School  
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Dear Parents and Carers,

18<sup>th</sup> June 2026

### RSE Curriculum – Year 5

As part of the RSE National Curriculum, the children will be learning about the process of changes which their bodies will go through in the next few years as they enter puberty. One component of this is the menstrual cycle, which obviously has a direct effect on the girls, but is important for the boys to understand as well.

Over the coming weeks, during their PSHE / RSE lessons, children in Year 5 will be learning about puberty in general and about the body changes that occur in both boys and girls. They will have the opportunity to learn the male and female body parts (internal and external) and to discuss the changing adolescent body, including physical and emotional changes. This discussion will also include personal hygiene.

If you have any questions or wish to discuss what is being covered, please do not hesitate to contact me or your child's class teacher.

Yours faithfully,

*Lauren Pullin*

PSHE & RSE Lead

