

John Ray Junior School

Notley Road, Braintree, Essex, CM7 1HL

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Headteacher Karen Harrison

8th June 2026

Dear Parents/Carers,

Please read this information carefully as it contains curriculum coverage for the teaching of Relationships Education, Health Education and Sex Education over the next two weeks.

At John Ray Junior School, we believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our Personal, Social, Health and Emotional (PSHE) curriculum which looks at many topics including relationships, physical/emotional health and the skills needed to live in the wider world. Relationships and Sex Education (RSE) is an important part of PSHE. We believe this work is an important part of safeguarding children as knowledge empowers them, helps them to stay safe and for when the time comes, to have a better understanding of puberty and the way their bodies will change.

On the week beginning the 22nd June, Year 5 will have their RSE lessons. During the lessons, pupils will be able to ask questions, which will be answered factually and in an age-appropriate manner. Sessions will be taught in their normal classes. Each class will also have a question box in the classroom where children can ask questions anonymously if they wish and these will be answered by the teacher if appropriate to do so.

Year 5 RSE lesson content

- To explain the main physical and emotional changes that happen during puberty
- To understand that puberty is a natural process and happens to everybody
- To understand how puberty affects the reproductive organs
- To explain how to stay clean during puberty
- To describe how boys' and girls' bodies change during puberty
- To express how they feel about the changes that will happen to their bodies during puberty

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Most parts of the RSE element of the PSHE curriculum are compulsory in primary schools, including **all aspects** of the Year 5 content listed above, therefore no child is able to be withdrawn. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any questions regarding the content of the Year 5 RSE lessons, please contact your child's class teacher.

Yours sincerely,
Christopher Ellis
Year Group Leader