



LANGSHOTT PRIMARY SCHOOL
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Headteacher Mrs SL Mackintosh BEd(hons) NPQH

Relationships, Sex and Health Education (RSHE) Week

Dear Parent/Carer,

This term, class teachers will be teaching lessons that are part of an on-going programme of RSHE that begins in Reception and continues to Year 6.

Year 5 classes will be taught RSHE during the week commencing **8th June 2026**. The scheme of work covers:

- Self and body image
- Influence of online and media on body image
- Puberty for girls
- Puberty for boys
- Conception (including IVF)
- Growing responsibility
- Coping with change
- Preparing for moving to a new year group

To avoid confusion, it is important that the proper terminology for the parts of the body are used from Reception upwards. It is fine for children to call the parts of the body by the 'home' names when not in school, but to prevent misunderstanding and confusion during lessons and school, proper names will be used, for example: penis; vagina and nipple etc.

Vocabulary we use in Year 5 – affirmation, aspects, body-image, characteristics, conception, contraception, cope, ejaculation, embryo, emotion, erection, facial hair, fallopian tube, fertilisation, fertility treatment (IVF), hormones, larynx, manage, milestone, oestrogen, opportunities, ovary, perception, perceptions, periods, pregnancy, puberty menstruation, relationships, sanitary towels, self-esteem and self-image.

Please visit the school website to find out more information about RSHE week and our policy.

<https://www.langshott-surrey.co.uk/page/?title=Relationships+and+Sex+Education&pid=2138>

If you have any concerns about the RSHE week, please email info@langshott.surrey.sch.uk or speak to the Year 5 team.

Many thanks.

Mrs Lane
PSHE Lead