



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Somerset Bridge Primary School
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Headteacher: Mr Kevin Bryant

Wednesday 1st April 2026

Dear Parent/Carer,

As part of our Curriculum, children in all classes follow a scheme of work in Relationships, Sex and Health Education (RSHE.) In order to support this work, the school follows the Jigsaw scheme of learning which is a resource to help with the delivery of these lessons. The lessons will be delivered over the Summer Term through the units 'Relationships' and 'Changing me.' The individual knowledge organisers can be found on the school website, under the Key Information Tab Curriculum & Knowledge Organisers, Year 5, Summer.

You have the right to withdraw your child from elements of the RSHE curriculum but not any part of it which is under the relationships section or anything which is also a part of the science curriculum. If you are considering requesting your child to be withdrawn from any element of the RSHE curriculum we would ask that you discuss this with your child's teacher. If you still decide after talking to your child's teacher to withdraw your child from these sessions, we ask that you make your request in writing.

These lessons will be taught by the class teacher throughout the Summer Term.

Relationships:

- 1-Recognising me
- 2-Safety with online communities
- 3-Being in an online community
- 4-Online gaming
- 5-My relationships with technology (screen time)
- 6-My relationship - staying safe and happy online

Changing Me:

- 1-Self-image and body-image
- 2-Puberty for girls
- 3-Puberty for boys
- 4-Conception
- 5-Looking ahead 1
- 6-Looking ahead 2

This work forms part of the Science and Personal, Social and Health Education programme. If you have any questions about this, please see your child's class teacher.

Yours faithfully,

Mrs Burdett, Mrs Stone and Miss Strode
Year 5 Teachers