

19 June 2026
Primary - Year 5 PSHE

Dear Parents/Carers

PSHE - Summer Term 2

At Penshurst Primary School, relationships and health education will be taught through Personal, Social and Health Education (PSHE) lessons using the Jigsaw online portal.

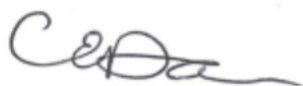
In Year 5, the topics covered in PSHE in Summer Term 2 are:

- Recognise that our self-image is important to our mental well-being, and that there are things we can do to affirm this.
- Understand how girls' and boys' bodies change during puberty, and the importance of looking after themselves physically and emotionally.
- Recognise that sexual intercourse can lead to conception.
- Understand that some people need help to conceive and might use IVF.
- Recognise that becoming a teenager involves various changes and brings growing responsibility.
- Identifying what I am looking forward to when I move into Year 6.

All lessons are compulsory and children cannot be withdrawn. The lessons will be taught in a way that is appropriate for our pupils in terms of age, physical and emotional maturity, religious and cultural background, and special educational needs and disabilities.

If you have any queries regarding the topics taught this half term, then do not hesitate to speak to your child's teacher.

Yours faithfully



Miss C Davies
Assistant Headteacher