Adamsrill Primary School
Headteacher: Dr Increase Esoe

19th June 2026

Dear Parents and Carers,

Relationships and Sex Education (RSE) in Year Five

As part of your child's education at Adamsrill, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is a curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, and productive lives, and to meet their full potential.

I am writing to let you know that, this term, your child's class will be taking part in lessons which focus on the Relationships and Sex Education (RSE) aspect of this programme. Lessons in Year 5 will include pupils learning:

- about the changes that occur during puberty
- to consider different attitudes and values around gender stereotyping and sexuality, and to consider their origin and impact
- about the importance of physical hygiene during puberty
- that menstruation and wet dreams are a normal part of growing up
- how to build positive relationships

All RSE teaching will take place in a safe learning environment and is underpinned by our school ethos and values. Pupils will have opportunities to engage in discussion and ask questions.

As a school community, we are committed to working in partnership with parents. Past parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the Relationships and Sex Education programme.

Therefore, we would like to offer parents the opportunity to view the materials and resources that will be used. This will take place on **Wednesday 24th June 2026 at 3:40 pm** and will last approximately 15 minutes. There will also be an opportunity for parents to ask questions.

Children cannot attend the meeting and will be supervised in a different class during this time.

Please email **admin@adamsrill.lewisham.sch.uk** if you have any questions before the sessions begin.

Yours sincerely,

Year Five/Six Team