

Email sent to Year 5 Parents on Thurs 5th Feb re. RSHE Spring Term 2026:

Dear Year 5 Parent/Carers,

RSHE SPRING TERM 2026

During this term we will be learning how humans change and develop through infancy to old age. This will include our RSHE learning about the changes we go through when we reach puberty and we will be teaching the agreed syllabus for health education.

During the second half of this term, we will be showing a series of videos which show how boys and girls bodies change as they grow up, including going through puberty and adolescence. We will spend time in class with the boys and girls, in mixed gender and separate groups, exploring issues such as: growing up, personal responsibilities and personal hygiene, periods/menstruation and physical changes at puberty.

Below are links which contain the videos your children will be watching. **We will only be covering the puberty aspect** and not how babies are made as this will be taught in Year 6.

If the videos do not work then please check your settings as this can stop the links from being played.

Introduction

<https://www.youtube.com/watch?v=SSI5czSV1OY&list=PLltgannkj2UG1oLFaDGQsaCfUboF17aH2&index=1>

What happens during puberty

<https://www.youtube.com/watch?v=eO0ZLe7Swi8&list=PLltgannkj2UG1oLFaDGQsaCfUboF17aH2&index=2>

How boys' bodies grow and develop during puberty

<https://www.youtube.com/watch?v=-ZWcZtJ8Wm0&list=PLltgannkj2UG1oLFaDGQsaCfUboF17aH2&index=3>

How girls' bodies grow and develop, including menstruation

https://www.youtube.com/watch?v=WFS_B9k0n7E&list=PLltgannkj2UG1oLFaDGQsaCfUboF17aH2&index=4

Enjoying growing up

www.youtube.com/watch?v=Ahk5y98Ndns&t=14s

If you have any additional questions, please don't hesitate to contact us via the office email before **Friday 13th February**.

Kind regards,
Mrs Lehmann, Mrs Miller and Miss Walker
Year 5 Teachers