



Aston Fields Middle School

Striving for Excellence: Learning for Life

February 2026

Dear Parent/Carer

Re: Year 5- Sex and Relationships Education

We will shortly be beginning some work in Year 5 about 'Growing and Changing'. This work forms part of an ongoing programme of Relationships and Sex Education, which we deliver throughout the school. The 'Growing and Changing' topic covers some elements of Science and the statutory guidance for KS2 Relationships Education.

Your children will be engaging with the following questions as part of this work:

- What qualities do I value in people I know and my role models?
- What practical methods can I use to maintain and improve my relationships?
- What sort of relationships do I have and how have they changed?
- What does it mean to respect others, especially other lifestyles and beliefs?
- What happens to the bodies of boys and girls when they reach puberty?
- Does everyone change at the same rate?
- How are babies made?
- How can I keep my growing and changing body clean?
- How can I stop germs from spreading?
- How can I express my feelings positively as I grow up?
- What should adults think about before they have a baby?
- Why are love and trust important?
- What support networks are available, if we have any worries or concerns?

We encourage you to discuss these areas with your children; before, during or after our topic, as children and young people say that they greatly value being able to talk to their parents about these issues. Further information and support can be found on our school website.

Our 'Growing and Changing' Unit of Work is based on the Cambridgeshire PSHE Scheme of Work. We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

You have the right to withdraw your child from the elements of RSE which are not included in the National Curriculum for Science and Relationships Education. Please contact Mrs Birrell, Deputy Headteacher (Teaching and Learning), if you would like to discuss this. If you would like to discuss any issues relating to our work on 'Growing and Changing', or to find out more about the lessons, please contact your child's teacher.

Yours sincerely

Mrs M Philip
Director of Subject RS and PSHE



ACE School of
CHARACTER

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