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## **King's Academy College Park**

A King's Group Academy

Headteacher: Mrs R Carlyle

Monday 2nd June 2025

### **Year 5 – Relationships and Health Education**

Dear Parents/Carers,

As part of our curriculum, the Year 5 children will be taking part in relationships and health education lessons. Two lessons will take place over two weeks this half term. During each lesson, time will be given for discussion and independent activities.

Please don't let the media panic you into the content of these lessons! As parents/carers, you have the right to see the overview of planning, as detailed below.

As in line with our policy and national guidelines, you do not have the right to withdraw your child from these lessons. (Please see the link to our website : [https://www.kgacollegepark.uk/\\_site/data/files/policies-and-information/5856D0EBB6F440F2972DDBB691D77C54.pdf](https://www.kgacollegepark.uk/_site/data/files/policies-and-information/5856D0EBB6F440F2972DDBB691D77C54.pdf) )

#### **Lesson 1 – The human life cycle and external bodily changes**

This is a revision of the science we have already covered, including the human stages of life. It will also cover labelling the human body and the external changes that will happen during puberty.

#### **Lesson 2 – The internal bodily changes of girls and boys in puberty**

This explores the internal changes which happen to boys and girls during puberty, including menstruation, period protection, erections and voice changes.

Your child may want to discuss these areas further with you at home. Please feel free to contact your child's teacher if you have any further queries.

Thank you for your continued support.

Yours sincerely,

Miss Milledge  
Year 5 Lead