



Stamford Bridge

Primary School

Believe, Engage, Succeed, Together

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Monday 12th January 2026

Dear Parents and Carers,

I hope you have had a wonderful Christmas and a very happy New Year to you all.

Relationships and Sex Education (RSE)

As a part of your child's educational experience at Stamford Bridge Primary School, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Economic (PSHE) and Relationships and Sex Education (RSE) that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

Across the Spring term, in PSHE, children in **Year 5** will be taught the module 'Growing and Changing' covering the units 'Relationships – Appropriate Touch' and 'Puberty' - lessons with a focus on body changes and puberty. Sessions on puberty and changes to the body are statutory and form a part of the UKS2 Science Curriculum – this means that you are unable to withdraw your child from the puberty and changes to the body sessions.

The 1 decision knowledge organisers provide an overview of the information and key vocabulary that will be taught in each unit during PSHE and RSE.

We encourage parents and carers to view the knowledge organisers so that you are aware of the topics being taught, the key information covered within each module and to view the key vocabulary and phrases used in the lessons. Below is the knowledge organiser for units 'Appropriate Touch' and 'Puberty'.

1decision PSHE Knowledge Organiser

Module: Growing and Changing

Topic: Baseline Assessment and Appropriate Touch (Relationships)



Key Facts

- It is not always right to keep secrets if they relate to being safe
- Each person's body belongs to them
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse
- Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong

Ask me a question!

- What types of relationships are there?
- What can make a relationship healthy or unhealthy?
- What is the difference between secrets and surprises?
- How could you help someone who feels uncomfortable in a relationship?

I will learn the following new words/phrases:

Nervous	Being fearful, worried, or concerned about someone or an event.
Scared	Feeling fearful or frightened.
Inappropriate	Not right for or suited to the situation or purpose. Not appropriate.
Connection	The act of joining or being joined to something else.
Civil partnership	A civil partnership is a legal relationship which can be registered by two people who aren't related to each other.
Marriage	A formal union and social and legal contract between two individuals that unites their lives legally, economically, and emotionally.

By the end of these topics, I should:

- identify the different types of relationships we can have and describe how these can change as we grow
- explain how our families support us and how we can support our families
- identify how relationships can be healthy or unhealthy
- explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable



1decision PSHE Knowledge Organiser

Module: Growing and Changing

Topic: Puberty and Adults' & Children's Views



Key Facts

- When you go through puberty, you will experience physical and emotional changes
- There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- There is advice available and steps we can take to support menstrual wellbeing

By the end of these topics, I should:

- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

Ask me a question!

- What does the brain release in order for puberty to begin?
- What changes do females and males go through during puberty?
- How long do periods normally last?
- What coping strategies can help us through puberty?

I will learn the following new words/phrases:

Puberty	When a child matures physically and the reproductive system becomes active.
Hormone	A chemical substance made in the body, which controls the activity of other cells and organs.
Anonymous question	When someone asks a question without revealing their name or identity.
Vagina	A canal that leads from the female uterus to the outside of the body.
Vulva	External female genitalia that surround the opening to the vagina.
Ovaries	A reproductive organ where eggs are produced.
Fallopian tube	The tube where the female egg travels to the womb (uterus).
Penis	A male organ that urine and sperm pass through.
Testicles	Two male sex glands where sperm is produced.
Bladder	An organ inside the body where urine is stored.



If you require further information or wish to view any of the resources, please don't hesitate to contact your child's class teacher or Miss Massey.

Please see the link below to 1Decision's Parent and Carer Zone. Click '**Comprehensive PSHE**' to view the '**Puberty Education**' video that will be used within the teaching of puberty and conception:

[https://www.1decision.co.uk/resources/parent-carer-zone#:~:text=Welcome%20to%20our%20Parent%20%2F%20Carer,Economic%20\(PSHE\)%20Education%20lessons.](https://www.1decision.co.uk/resources/parent-carer-zone#:~:text=Welcome%20to%20our%20Parent%20%2F%20Carer,Economic%20(PSHE)%20Education%20lessons.)

Yours sincerely,

Miss Linda Robinson