



01/06/2026

Dear Parents and Carers,

During Summer 2 term, Year 5 pupils will be taking part in our PSHE unit, *Changing Me*. This unit supports children in understanding the physical and emotional changes that happen as they grow older. Some aspects of this learning are part of the statutory Relationships and Health Education curriculum.

The learning outcomes for this unit include:

- To understand how body image can affect thoughts and feelings and how to develop positive self-esteem
- To understand the changes that happen to girls during puberty and how to look after physical and emotional wellbeing
- To understand the changes that happen to boys during puberty and recognise that puberty is a natural process for everybody
- To identify responsibilities and changes that come with growing older and becoming more independent
- To reflect on future changes, including transition into the next school year, and understand strategies for coping positively with change

Throughout the unit, pupils will have opportunities to ask questions in a safe and supportive environment. They may also wish to continue discussions at home with parents and carers. As a class we will be looking at images of the body as it develops and watching some short clips followed by discussions.

Our Relationship policy is available on our school website if you would like more information about the section of the year 5 curriculum.

**Parents and carers are invited to attend a meeting in the Junior school hall at 2.30pm on Tuesday 2<sup>nd</sup> June to view lesson content and ask any questions should they have any.**

If you require any further information, please contact the Year 5 team via:  
year5@meonjuniorschool.org.uk

Yours sincerely,

Year 5 Teachers



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We invest in wellbeing

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