



Wednesday, 15th April, 2026

Year 5 PSHE Curriculum – ‘It’s My Body’ (Term 5)

Dear Parents,

I am writing to inform you about the next unit in our PSHE (Personal, Social, Health and Economic) curriculum, which your child will be taking part in during Term 5. This unit focuses on **how we take care of our bodies**, and is designed to help children develop a healthy and respectful understanding of themselves and others.

Throughout the unit, children will explore a range of important topics, including:

- Understanding **consent and autonomy**, and the importance of personal boundaries
- Understanding that they can choose what happens to their own bodies
- Understanding that different people have different boundaries
- Learning about **body image** and how it can be influenced by media and societal expectations
- Recognising and challenging **stereotypes**
- Identifying **substances that are harmful** to the body, such as tobacco and alcohol

The theme of *choice and consent* runs through the unit, and children will be encouraged to speak to trusted adults whenever they need support.

We understand that these topics are important and sometimes sensitive, and we approach them with care, ensuring that all discussions are age-appropriate and inclusive. Our aim is to equip children with the knowledge and confidence to make informed decisions and to respect both their own boundaries and those of others.

If you have any questions about the content of this unit or would like to discuss any aspect of it further, please don't hesitate to get in touch. Thank you for your continued support in helping us promote the health and wellbeing of all our students.

Kind regards,

Mr. Daniel Richards
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Ms. Leanne Brooks
Head of KS2
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If you would like this verbally translated into Vietnamese or Korean, please contact the school office
Quý vị có thể liên hệ với văn phòng trường để được trợ giúp nội dung thư sang Tiếng Việt
한국어 번역이 필요하신 경우, 학교 행정실로 연락 주시기 바랍니다