



Dereham Church of England Junior Academy

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Diocese of Norwich  
Education and  
Academies Trust

20<sup>th</sup> October 2023

Relationship and Sex Education (SRE)

Dear Parents/Carers,

Since September 2020, all schools have had to offer statutory Relationship, Sex and Health Education to all children up to the end of Year 11.

In Year 5, SRE lessons will start next half term. It is important for you to keep an open dialogue with your children during this time, so on the back of this letter we have included some top tips for talking to your child about SRE. We will be covering:

- Key facts about puberty
- Key facts about the menstrual cycle
- Emotions through puberty
- Healthy and unhealthy relationships
- Things that effect our health such as sleep, drugs, smoking

We have included a link to the Lilets Puberty videos that we use in class. If you would like a more detailed plan of the topics which we will be covering, please take a look at our website, where you will find our year 5 MTP. You will also find the link to the video available on our school website.

[https://www.youtube.com/watch?v=8z8lZm\\_xDxU](https://www.youtube.com/watch?v=8z8lZm_xDxU)

Please let your child's teacher know if there is anything you feel we may need to know about them regarding SRE.

Thank you for your continued support.

Mrs Allott (RSHE and Life Skills Lead) and the Year 5 Team



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## Top tips for talking to your child...

Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues of increasing seriousness arise.

Your child needs to know that it's OK to talk, and that you're happy to talk. They will learn this through your body language, tone and manner when you talk so try to behave as you would in any other topic of conversation.

Below are simple strategies to make talking about feelings, relationships and the body more comfortable:

- ✓ Start by talking about something that you both find comfortable, such as feelings and emotions.
- ✓ Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly.
- ✓ Avoid 'The Chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving in the car or watching TV. This can help to normalise the conversation, easing uncomfortable feelings.
- ✓ Reading a story book containing relevant content is a helpful way to stimulate discussion with your child.
- ✓ Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged. Feeling listened to will encourage your child to talk about issues in the future.
- ✓ If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a simple answer can provide a sufficient response.
- ✓ Try to listen calmly, even if what they say surprises or concerns you. Remember that it is good that they are comfortable to discuss issues with you. They need to trust that you will not respond negatively.

**Make sure your child knows they can always talk to you  
anytime, about anything.**