



**ST CHARLES'**  
CATHOLIC PRIMARY SCHOOL

Headteacher – Mrs L Nealings

28 September 2022

Dear Families

This letter is to notify you that, between now and the end of Summer term, Year 5 will be learning about and discussing sex and health education. This will involve learning about different family backgrounds and changes in boys' and girls' bodies, including menstruation.

St Charles' have adopted the 'Life to the Full' programme which is based on the structure of 'A Model Catholic RHE Curriculum' by the Catholic Education Service. This model curriculum was highlighted as a work of good practice by the Department of Education so we therefore have confidence that the programme will be fit for purpose in supporting the growth and development of your child.

If you have any questions or queries, please contact the school office.

Yours sincerely

*M Smart*

Mr Smart  
Year 5 Class Teacher