

Bushmead Primary School

Bushmead Road, Eaton Socon, St Neots. PE19 8BT
Web: www.bushmead.cambs.sch.uk Tel: 01480 375375

Head Teacher: Mr Steve Down
Assistant Headteacher: Mrs Emma Perry
Assistant Headteacher: Miss Emma Ritchie

Friday 27th February 2026

Dear Parents/Carers

As a part of your child's education at Bushmead Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. I am writing to let you know that, over this half term, Year 5 will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. Lessons in Year 5 will include pupils learning about: Healthy relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence.

This will include:

To know and understand the appropriate scientific names for the external and internal sexual parts of the body and be able to explain basic functions.

- understand the main changes that happen at puberty, know some ways to manage them, and how it affects people differently.
- have a basic understanding about body image and have learnt some ways to support a positive body image for themselves and others.
- understand the importance of washing regularly and of maintaining other hygiene routines during puberty.
- understand ways they can prevent the spread of some bacterial and viral diseases.

Pupils will also have opportunities to ask questions. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

If you have any concerns, please do not hesitate to contact us,

Yours sincerely,

Mrs Rodriguez, Mrs McVeigh and Mr Fry

Year 5 teaching team



High Expectations

High Achievements

Rich and Varied Curriculum