



# Glebe Primary School

Head Teacher: Mrs M Penney MA, BA (Hons), PGCE

Sussex Road, Ickenham, Uxbridge, Middlesex, UB10 8PH

Tel: 01895 462385

Web: [www.glebe.hillingdon.sch.uk](http://www.glebe.hillingdon.sch.uk)

Email: [office@glebeprimary.org](mailto:office@glebeprimary.org)

25<sup>th</sup> June 2025

Parents and Carers,

As a part of your child's education at Glebe 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 young people 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, starting Thursday 10<sup>th</sup> July, your child's class will be taking part in lessons, which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in year 5 will include teaching about growing and changing, including puberty and personal hygiene. In these lessons, pupils will explore what puberty is and why these changes are happening. They will discuss key facts about puberty and the changing adolescent body. They will learn the correct scientific vocabulary of body parts including genitalia. The pupils will learn about menstrual wellbeing including the key facts about the menstrual cycle and personal hygiene. Pupils will also have opportunities to ask questions that help prepare them for the modern world. We will divide the class into boys and girls during these lessons, to ensure everyone feels safe to ask their questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: <https://www.glebe.hillingdon.sch.uk/page/?title=Curriculum+Policies&pid=102> for more detail about our PSHE/RSE curriculum. All PSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

As a parent, you have the right to withdraw your child from all or part of the sex education programme that we teach in our school, except for the biology taught in our science lessons and from the relationships education. Please note that the topics taught in year 5 are part of the science curriculum, and therefore your child cannot be withdrawn. If you would like to find out more about our lesson content or discuss any concerns please feel free to send your child's class teacher a message.

Yours sincerely,

Mrs Grant

Subject lead for PSHE education

