



# Kents Hill Junior School

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Head of Academy: Miss Joanne Parkes



24<sup>th</sup> September 2025

Dear Parent/Carers,

## Re: Year 5 Health and Relationship Education Week

As part of your child's educational experience at Kents Hill Junior School, we are committed to promoting the health and well-being of our pupils. In an ever-changing world, children need to develop an understanding of themselves, others and their community and how we can work together in harmony. They also need to know how to maintain healthy lifestyles and relationships with others.

We have now completed planning for our Health and Relationship Education week at the start of Autumn 2. Across the week, the topics that will be covered are listed below:

- Self-image
- Puberty
- Pregnancy
- Impact of Social Media

The Department for Education has announced changes to relationships and sex education following nationwide consultation. These changes have now come into effect and all schools are required to comply with the updated requirements. At Kents Hill Junior School, we were early adopters of this update and we have already been teaching RSE (through our Health and Relationships Education) and have a comprehensive curriculum in place.

If you have any queries or concerns regarding the content, please feel free to contact me or take a look at the PSHE curriculum on the school website for more details: <https://www.kentshilljuniorschool.co.uk/year-5-1/>

Kind regards,

*M Roberts*

Miss M Roberts  
Year 5 Team Leader

### ***Learning ~ Friendship ~ Safety ~ Success***

***At Kents Hill Junior School we are committed to safeguarding and promoting the welfare of children, and we expect all staff and volunteers to share this commitment. Designated Safeguarding Lead – Miss Joanne Parkes***

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*Reg. address: Kents Hill Junior School, Kents Hill Road, Benfleet, Essex, SS7 5PS*

