



Stratton C. of E. Primary School  
Unlock potential for lifelong learning

Tuesday 29<sup>th</sup> April 2025

Dear Parents,

We will be learning about 'Relationships and Sex' in Wellbeing this term. We will be using resources from [Coram Life Education](#) and these are the titles for the lessons:

- How are they feeling?
- Taking notice of our feelings
- Dear Ash
- Growing up and changing bodies
- Changing bodies and feelings
- Help! I'm a teenager - get me out of here!
- Dear Hetty (OPTIONAL)

Please take a look at the website and if you have any questions, please do not hesitate to ask.

Thank you again and kind regards,

The Year 5 Team