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Executive Headteacher: Mrs Kirsty Evans

Monday, 01 June 2026

Dear Parents,

Reception/ Year 1 'Growing and Changing' Relationships and Sex Education unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

After half term, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Reception and Year 1 children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Reception/ Year 1 child will be exploring themes including:

- Life Stages - plants, animals, humans
- Life stages: Human life stage - who will I be?
- Healthy me
- Where do babies come from?
- Taking care of a baby
- Surprises and secrets

During these lessons, correct vocabulary will be taught and shared with your child. This includes the scientific vocabulary of penis, vulva, vagina, womb. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well. If further advice/support is required, or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or the Head of School.

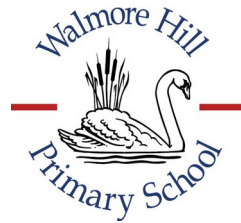
If after reading this letter you have any questions about the programme, or would like to view the resources we use, please do not hesitate to contact your child's class teacher.

Yours Sincerely

Kirsty Evans



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