



West Acton Primary School
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Head Teacher: Ms K Kondo

10th March 2026

Dear Parent/Carers,

Re: Parents - Relationship and Health Education (RHE) Workshop Wednesday 25th March at 2:00pm in school

We are delighted to welcome *Chrissy Keenan- Health Improvement Officer for PSHE and RSHE in the Ealing Health Improvement Team* - to deliver our annual RHE workshop for parents/carers. This forms part of our Safeguarding Programme for parents.

The parent/carer RHE workshop will provide an opportunity to understand the statutory guidance on what schools must teach in regards to relationship and health education. Parents will be informed on the purpose and value of delivering effective RHE in school and the role it plays in safeguarding their children. Details of which can be seen here: <https://www.westactonprimaryschool.org/curriculum/subjects/pshe> This also shows our curriculum coverage as well as the vocabulary which will be used during these lessons. In primary school 'relationships' are about families and friendships, not relationships of a romantic nature that older high school pupils or adults may have.

Parents/carers will be able to view a sample of the resources which will be used in lessons in the summer term, after the two week holiday in April, to see how they are planned and delivered at age appropriate levels for their children. As West Acton was part of an Ealing FGM project in 2019 and 2024, we will also remind parents/carers of this. You will be invited to ask any questions relating to the planning and delivery of RHE. The workshop is an opportunity to discuss how school and parents can work together on ensuring all children develop high quality RHE knowledge and skills which helps keep them safe, healthy and build positive relationships now and in the future. Nowadays, there is a vast amount of information about relationships on the internet, on TV, in magazines, to which children and young people are exposed. If children are provided with timely and age-appropriate information about their bodies and relationships, they can make their transition into adolescence and adulthood with the confidence and knowledge to understand what is happening to them. They will also have the best chances of growing into confident and healthy adults able to make positive choices

Parents/Carers of all year groups are welcome to attend this workshop on **Wednesday 25th March at 2:00pm.**

We look forward to seeing you at the workshop and working together to keep your child safe.

Yours faithfully,

Karen Kondo
Head teacher

Miss Ferreira
PSHE Lead

