

27th March 2026

Dear Parents/Carers,

**Re: Relationships, Health Education (RHE) – Summer Term of PSHE and FGM lessons**

We are writing to give you information on two points regarding your child's PSHE lessons in the summer term:

**1. RHE lessons Summer term unit**

The Ealing PSHE Scheme of Work, which we follow at West Acton (like most other Ealing Schools) has undergone a revision to address the evolving challenges that our pupils face in modern Britain today. The updated curriculum and resources have been designed to align with **the statutory relationships** and health guidance for primary schools, ensuring that our pupils receive the necessary knowledge and skills to navigate the complexities of growing up in the 21st century. Statutory means that your child must attend these lessons.

We want to emphasise that we recognise and respect the vital role parents play as the primary educators of their children, especially when it comes to matters of relationships and growing up. The school and the local authority continue to value and support your role in shaping your child's understanding of these crucial aspects of life. The curriculum serves as an essential tool to reinforce and complement the values and lessons you in still at home. It provides a structured and age-appropriate platform for delivering important messages about relationships, health, and personal well-being.

Our aim is to ensure that your children grow up happy, healthy, and protected from harm. The scheme covers topics of personal boundaries, safe friendships, online safety and mental wellbeing in ways that are accessible and practical for young people to apply to their lives now and in the future.

Throughout the summer term, children will be focusing on the topics of relationships and health education. From Key Stage 2 onwards they will be exploring the statutory health topic of the changing adolescent body and exploring how their bodies are changing in preparation for the next stage of the life-cycle. In primary school 'relationships' are about families and friendships, not relationships of a romantic nature that older high school pupils or adults may have.

We encourage you to take an interest in your child's learning by engaging with them about the topics covered in the PSHE curriculum. We believe that open communication between school and home plays a crucial role in reinforcing positive values and fostering a supportive environment for your child's overall development.

**We held our parent workshops about this on Wednesday 25<sup>th</sup> March 2026. Topics and vocabulary are attached for your reference. You can find further information including a question and answer section for parents, here: <https://www.westactonprimaryschool.org/curriculum/subjects/pshe>**

Should you have any questions or concerns, please feel free to reach out to our PSHE Lead Miss Ferreira.

## 2. Female genital Mutilation lesson Year 3,4,5 and 6

As you may be aware, our school was involved in an Ealing wide safeguarding project in 2020 and again this year 2024. This project has been delivered in schools across Ealing for over several years. The project aims to support schools to develop a whole school approach to keeping children safe. Each year we have an advisor from the Local Authority present to our parents/carers information about our RHE element of our PSHE curriculum – this took place on Wednesday 25<sup>th</sup> March 2026. Our parent/carer workshops slides can be found here: <https://www.westactonprimaryschool.org/curriculum/subjects/pshe>

I know that you join us in the commitment to safeguard our pupils and that you are aware that FGM is illegal in the UK. Sadly, Acton as an area, is deemed to be quite a high risk area, therefore it is even more important that we prepare our children to keep safe. Please see the section on our website here for more information: <https://www.westactonprimaryschool.org/safeguardingandwellbeing/fgm> .

As part of this project, we deliver staff training and parent/carer workshops on safeguarding annually. We will be delivering specific safeguarding lessons to pupils. These safeguarding lessons will be taught as part of the Personal, Social, Health and Economic Education (PSHE) curriculum. Within this unit of work, we will discuss NSPCC PANTS initiative with all pupils, will also be teaching KS2 pupils 'My Body, My Rules' including FGM lessons.

This lesson will take place in May: Year 3, 4, and 5.  
Year 6 will be after half term in June and we will send a separate letter.

As FGM content is not statutory in primary schools, parents/carers can withdraw pupils from these lessons if you wish, but I hope that you support the final stage of this project for pupils, ***please inform us via [admin@west-acton.ealing.sch.uk](mailto:admin@west-acton.ealing.sch.uk) if you do not want your child to take part.*** However, we cannot guarantee they will not hear information from their peers –which could be wrong or confusing.

Thank you for your support with this important subject for our pupils.

Yours faithfully,

**Miss Kondo**  
**Headteacher**

**Miss Ferreira**  
**PSHE Leader**

### Health Education- Key Words and Definitions:

Year	Lesson Topic	Key words	Definition or Explanation
3	Body Parts	<p>Growth Life Cycle</p> <ul style="list-style-type: none"> <li>- Babies/ infants</li> <li>- Toddlers</li> <li>- Children</li> <li>- Adolescence</li> <li>- Adulthood</li> <li>- Elderhood</li> </ul> <p>Body Parts</p> <ul style="list-style-type: none"> <li>- Head</li> <li>- Brain</li> <li>- Chest</li> <li>- Nipples</li> <li>- Vagina/ Vulva</li> <li>- Penis</li> </ul>	<p>We use the phrase adolescence rather teenage years as it covers 11 to 18 rather than 13 to 19. Changes that happen during puberty start during late childhood and adolescence.</p> <p>Girls and boys both have nipples, as girls get older their chest will change so they are able to feed their own children if they had a baby.</p> <p>Boys, men and males have a penis. This is where wee comes out of the body from.</p> <p>Girls, women and females have a vagina. The other scientific word is vulva. Next to a girls vagina is a small hole where wee comes out of.</p>
3	Keeping the body private	<p>Private parts of the body</p> <ul style="list-style-type: none"> <li>- Nipples</li> <li>- Vagina/ Vulva</li> <li>- Penis</li> <li>- Mouth</li> </ul> <p>PANTS Rules (NSPCC website)</p> <p>Trusted Adults</p>	<p>NSPCC PANTS rules to keep body parts private- taught from Reception</p> <p>P- Privates are Private A- Always remember your body belongs to you N- No means no T- Talk about secrets S- Speak up</p> <p>Adults at home, at school, professionals like Drs or the police who keep you safe.</p> <p>Some people use their bodies to show no means no. Facial expressions and body</p>

		<p>Body Language</p> <p>Boundaries (Boundary Song on youtube)</p>	<p>language are important ways to communicate.</p> <p>Rules we have about our personal space, what we do and don't feel comfortable with. Examples hugging, high 5s, handshakes.</p>
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Year	Lesson Topic	Key words	Definition or Explanation
4	Life Cyle	<p>Growth</p> <p>Life Cycle</p> <ul style="list-style-type: none"> <li>- Babies/ infants</li> <li>- Toddlers</li> <li>- Children</li> <li>- Adolescence</li> <li>- Adulthood</li> <li>- Elderhood</li> </ul>	<p>We use the phrase adolescence rather teenage years as it covers 11 to 18 rather than 13 to 19. Changes that happen during puberty start during late childhood and adolescence.</p> <p>Adolescence is the bridge between childhood and adulthood. It helps prepare for things that only happen in adulthood.</p> <p>As we go through the life cycle, we are able to understand, learn and do more things. Some things we cannot learn about or do before adolescence or adulthood because we aren't ready to understand or be able to do them physically yet.</p>
4	Physical Changes during puberty	<p>Puberty</p> <p>Hormones</p> <p>Body Parts</p> <ul style="list-style-type: none"> <li>- Chest</li> <li>- Breasts</li> <li>- Areola</li> <li>- Pubic Hair</li> </ul>	<p>Puberty is the process that happens during adolescence of changing, growing and maturing from a child to an adult. For girl's puberty may start anywhere between 8 to 11 years old and for boys around 11-12 years old.</p> <p>Hormones are chemical messages that our brains make. It is the different hormones that girls and boys have that tell their body to start changing and in different ways.</p>

		<ul style="list-style-type: none"> <li>- Penis</li> <li>- Testicles</li> <li>- Vagina/ Vulva</li> <li>- Ovaries</li> <li>- Egg</li> <li>- Sperm</li> <li>- Cervix</li> <li>- Egg</li> <li>- Fallopian Tube</li> </ul>	<p>New Terminology includes explaining the internal organs of females so children can understand what the menstrual cycle is.</p> <p><i>Whilst less common, there are children who start their period during year 4 and onwards, so teaching this at this point is preparation for one change that will happen during puberty.</i></p>
4	Menstrual Cycle	<p>Menstrual Cycle</p> <p>Period</p> <p>Reproductive System</p> <p>Ovulation</p>	<p>A period is a small part of the month (usually 3-7 days) when a girl loses a small amount of blood from her vagina. Her body doesn't need this blood and tissue so it leaves her body. The days of the month when a girl is bleeding is part of a longer monthly cycle called the menstrual cycle.</p> <p>Girls have two ovaries which is where her eggs are.</p> <p>The ovaries are attached to the fallopian tubes, these carry the eggs when they are released from the ovary</p> <p>When the egg is released, it is called ovulation</p> <p>The fallopian tube is connected to the uterus. The uterus is where the blood comes from during a period.</p> <p>The blood that isn't needed in the uterus leaves the body every month from the vagina. This is a girls period.</p>

		Sanitary Pads	These are products girls can use to collect blood when it leaves the body.
		Period Poverty	<p>People around the world sometimes have limited education about menstruation and periods.</p> <p>Some girls cannot access sanitary products. When this happens, it can mean they miss out on education.</p> <p>Education and access to sanitation are Children's rights under the UN Convention on the Rights of a Child.</p>
<b>Year</b>	<b>Lesson Topic</b>	<b>Key Words</b>	<b>Definition or Explanation</b>
5	Hormones	Hormones	Chemical messages that are sent to the body telling the body how to respond
		Pituitary Gland	<p>The gland in the brain that controls hormones related to growth, sends the first signal to the reproductive organs to start producing the hormones needed for puberty.</p> <p>A part of the female reproductive system which produces an egg and starts releasing the two female hormones related to puberty, progesterone and oestrogen</p>
		Ovaries	
		Testicles	A part of the male reproductive system which begins producing sperm cells during puberty. Also releases the male hormones related to puberty, testosterone.
		Emotional Changes	Mood Swings are caused by changing levels of hormones in the body. They can create increased sensitivity,
		Social Changes	

		<p>Happy Hormones</p> <ul style="list-style-type: none"> <li>- Dopamine</li> <li>- Oxytocin</li> <li>- Serotonin</li> <li>- Endorphins</li> </ul> <p>Brain Development</p>	<p>confusion, tearfulness, aggression, anxiety, lower self esteem</p> <p>In preparation for adulthood, adolescence may want more privacy, independence and be more interested in friendship and peer relationships</p> <p>Ways that we can boost our mood by spending time with people we love, spending time in nature, exercise, eating well, self-care.</p> <p>The prefrontal cortex, the front part of the brain responsible for complex problem solving and rational thought does not finish developing until 25.</p> <p>The part of the brain very active in adolescence is the limbic system which is in charge of emotions.</p>
Year	Lesson Topic	Key words	Definitions and Explanations
6	Physical changes in puberty	<p>Body parts Male reproductive system</p> <ul style="list-style-type: none"> <li>- Urethra</li> <li>- Penis</li> <li>- Testicles</li> <li>- Sperm</li> <li>- Semen</li> <li>- Scrotum</li> <li>- Erection</li> </ul>	<p>The urethra is the tube in the centre of the penis that urine and sperm travel through to leave the body.</p> <p>Testicles produce sperm. The skin around the testicles is called the scrotum.</p> <p>Sperm cells are produced in the testicles, they travel in a liquid called semen.</p>

		<ul style="list-style-type: none"> <li>- Wet Dream</li> </ul> <p>Female reproductive system</p> <ul style="list-style-type: none"> <li>- Vagina</li> <li>- Vulva</li> <li>- Urethra</li> <li>- Labia Majora</li> <li>- Labia Minora</li> <li>- Cervix</li> <li>- Uterus</li> <li>- Tampon</li> </ul>	<p>An erection is when blood flows to the penis making it appear fuller and harder</p> <p>A wet dream happens at night and is when sperm and semen leave the penis while a boy is asleep. It is not urine.</p> <p>The vulva is what can be seen from the outside of the body. The labia majora and labia minora are the protective skin around the opening on the vagina.</p> <p>The urethra is above the vaginal opening and where urine comes from.</p> <p>The cervix is at the top of the vagina, internally it stops things getting too far into the body ie. tampons</p> <p>If a woman was pregnant, the baby would grow in her uterus. When she is pregnant, it is referred to as a womb</p> <p>Tampons are introduced as an alternative to sanitary pads, they are not recommended until 13 years of age but are introduced as an option</p>
6	<b>Reproduction (Sex Education Lesson*)</b>	<p>Lifecycle</p> <p>Reproduction</p> <p>Fertilisation</p> <p>Conception</p>	<p>In order for the lifecycle to continue, there needs to be reproduction.</p> <p>Reproduction is the process of new life being created. Reproduction happens when the male and female reproductive cells come together, and new life is formed.</p> <p>Fertilisation is the process of an egg and sperm cell meeting and joining together to make a new cell</p>

		<p>Process of Reproduction- inc. sexual intercourse</p>	<p>If the egg and sperm successfully join together and a new life begins then this is called conception</p> <p>Exact language used:</p> <ul style="list-style-type: none"> <li>• A man produces sperm in his testicles.</li> <li>• Once a month, the woman's body releases an egg.</li> <li>• In order for the sperm to meet the egg a man and woman will have sexual intercourse.</li> <li>• During sexual intercourse, the sperm will enter a woman's body via her vagina.</li> <li>• This sperm then travels through the vagina and the uterus and towards the fallopian tube.</li> <li>• In the fallopian tube, the sperm may meet with the egg. The sperm and egg become one. This is called fertilisation.</li> <li>• The fertilised egg will then travel to the uterus.</li> <li>• If the egg is fertilised, it attaches the blood lining in the uterus.</li> <li>• The lining of the uterus builds up with a bloody lining to protect the fertilised egg.</li> <li>• Remember is the egg was not fertilised, the woman does not need this egg or the bloody lining and her body removes this and it comes out as her period.</li> </ul> <p>The fertilised cells formed by a sperm and egg cell meeting</p>
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		Zygote	The initial growth of cells into human life
		Embryo	A baby developing in the womb
		Foetus	The sac in which the foetus grows in, it is filled with liquid
		Amniotic Sac/ Fluid	The placenta is the organ a woman body creates to feed the foetus while in the womb, it passes nutrients from the woman's body through the placenta to the baby
		Umbilical cord/ placenta	
<p><b>This lesson is the only lesson that parents can withdraw from as it includes a reference to sexual intercourse. As seen above, this is necessary to explain how the sperm and egg cell meet as part of the scientific process of reproduction.</b></p>			

Year Group	Summary of the learning questions explored in Summer term Health and Relationships Education
Reception	What is the PANTS rule? What is good or bad touch? How can I keep myself safe? What is the same and different about families? What are stereotypes?
Year 1	What is hygiene? How do I keep myself safe? What are the different types of touch? Kind and Unkind, safe and unsafe? Who keeps me safe? What makes a family?
Year 2	What happens when we sleep? How can being online affect my health? How do different types of touch make me feel? What's the difference between risks, unsafe events and emergencies? What does my family do for me? What's the difference between a secret and a surprise?
Year 3	What body parts belong to me? How do I keep my body safe? How do different cultures celebrate growing up? How can families be different? How do we manage peer pressure?

Year 4	<p>What is a healthy brain?          What is the life cycle?          What physical changes happen as we grow up?          What is the menstrual cycle and period poverty?          What makes a family unique?</p>
Year 5	<p>What are hormones?          What physical changes happen during puberty?          What emotional and social changes happen during puberty?          What happens after adolescence?          How can families change?          How is an online relationship different to real life?</p>
Year 6	<p>What choices are there around substances? (Medicines vs Drugs)          What is mental illness and addiction? (Understanding the brain)          Why does the body change during puberty?          How does the body change for reproduction (SEX EDUCATION)          How do we stay healthy as we age?          How do we share love, care and commitment to others?          What pressures may we face online in our relationships?</p>