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*Be strong and
courageous.....for
the Lord your God is
with you*

March 2026

Dear Parent/Carer

Relationship, Health and Sex Education

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Health education is also compulsory. As part of the school's PSHE programme, children learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe both on and offline.

In line with government guidance:

Relationships education is taught in an appropriate way for children's age and developmental stage. The content areas covered are:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

Health education focuses on physical health and mental wellbeing and covers the following content areas:

- puberty, including physical and emotional changes, the menstrual cycle, and starting periods
- mental wellbeing, including emotions
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco, including facts and risks
- health and prevention, including sleep, sun safety and healthy teeth
- first aid

Sex education is not compulsory in primary schools, but the Department for Education recommends that all primary schools teach it. It should be "tailored to the age, physical and emotional maturity of their pupils."

Some aspects of sex education are part of the statutory national curriculum for science. This includes:

- external body parts
- the human body as it grows from birth to old age (including puberty)
- reproduction in some plants and animals




Year 4, 5 and 6 - Growing Up and Puberty

Children in Year 4, 5 and 6 learn about growing up and puberty as part of the statutory Relationship and Health Education in PSHE lessons, and as part of the 'Animals Including Humans' topic in Science. Our PSHE lessons cover the statutory content, such as gender specific elements of puberty including physical changes and emotional changes. All information shared is age appropriate in line with DfE guidance. Children have the opportunity to discuss the topics, share ideas and ask questions.

We would like to invite you in to share what will be discussed during these PSHE lessons and answer any questions you may have. We will also offer guidance should your child have further questions or want to talk about topics discussed with you after the lessons.

This informative session will take place on Thursday 12th March at 3.30pm in the Year 5 classroom.

Kind regards,



Mrs A. Margerison
Assistant Headteacher, Key Stage 2 Lead, Year 5 Class Teacher

