



Thursday 5th February 2026

Dear Parents and Carers,

### PSHE - Relationships and Health Curriculum

During the Spring term, pupils will continue and be taught a unit titled "Safety and the Changing Body." This age-appropriate curriculum helps children understand their bodies and how to stay safe as they grow.

#### Curriculum Overview:

**Year 1:** Show an understanding that a person's body belongs to them and the difference between acceptable and unacceptable physical contact

**Year 2:** We introduce the concept of privacy and personal space and learn the correct biological vocabulary for body parts.

**Year 3:** Show an understanding of how to keep themselves safe.

**Year 4:** We introduce puberty and the physical differences between child and adults, establishing a foundational understanding of how the human body develops.

**Year 5:** Show an understanding of how physical and emotional changes that occur during puberty and understanding of the menstrual cycle.

**Year 6:** Show an understanding of how physical and emotional changes that occur during puberty, understanding of the menstrual cycle, conception, pregnancy and birth.

We encourage you to talk with your child about these topics at home. Open conversations at home can help reinforce what they learn in class and allow them to share any questions they might have in a familiar setting.

Please be aware that the topics covered in this unit form part of the statutory Health Education curriculum. Schools are required by law to teach children about the physical and emotional changes that happen during puberty.

In **Year 6**, there are two sessions (conception and pregnancy) where parents can ask for their child to be withdrawn. However, we would like to offer you the opportunity to find out in more detail what your child will actually be learning and attend a meeting on **Wednesday 25th February at 9.00am**. During the meeting, we will share aspects of the lessons with you and will be available to answer any questions you may have. Even if a child is withdrawn, many children will still discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand (in the playground), we hope all children will have the opportunity to take part in our carefully planned lessons.

If you have any questions about the specific resources, vocabulary, or the statutory guidance we follow, please do not hesitate to reach out to your child's class teacher.

Thank you for your continued support,

Bindya Chapaneri - Head of School