

May 2026

Dear Parent/Carer,

Relationships Education and Health Education for Children in Reception

In school, we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHCE. As part of our programme, we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home. We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available on the school's website.

We will shortly be beginning some work in Reception about 'Growing and Changing'. This topic covers some elements of Science and some Personal Social and Emotional Development (PSED).

Your children will be engaging with the following questions as part of this work:

- What does my body look like? (including naming external body parts)
- How has my body changed as it has grown?
- What can my body do?
- What differences and similarities are there between our bodies?
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?
- How can I be a good friend?
- Can I recognise and show my emotions?

We encourage you to discuss these areas with your child/ren before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.

These are some useful sources of support:

To read the government guidance for Primary parents/carers on RSE, follow this link

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

For information on talking about RSE to your children, try

www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexual-behaviour-children/>

The resources we use to support our teaching have been carefully reviewed, to ensure they are appropriate to the age and needs of the children we teach. You have the right to withdraw your child from the elements of our programme defined as 'Sex Education' i.e. learning about human conception and birth, which we begin teaching in Key Stage 2.

There are no elements of non-statutory Sex Education taught in Reception. Please contact your child's class teacher or Sophie Morris smorris@arbury.cambs.sch.uk if you would like to discuss this or any issues relating to our work on PSHCE, RSE, or to find out more about the lessons.

Yours sincerely,

Sophie Morris
Deputy Headteacher