



BEARWOOD Primary and Nursery School

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Learning, Enjoying & Succeeding Together

Wednesday 20th May 2026

Dear Parents and Carers,

Growing and Changing – PSHE learning Summer 2

Next half term (Summer 2), pupils across the school will be completing the 'Growing and Changing' unit as part of their PSHE curriculum, delivered through the SCARF programme. This forms part of our statutory teaching of Relationships Education and Health Education, along with elements of Sex Education.

These lessons are delivered in a **sensitive, age-appropriate way** and support children in understanding how people grow and change as they get older, while also promoting their personal health, safety and wellbeing. Our approach reflects national guidance and ensures that pupils are equipped to manage the physical and emotional changes of growing up in a safe and supportive environment.

Information about the specific content covered in each year group have been shared separately, along with an accompanying information leaflet, so that you are aware of what will be taught.

Further information about the SCARF programme is available at: <http://www.coramscarf.org.uk/>

Sex education content is taught within the wider PSHE curriculum and is not taken out of context or over-emphasised. It is designed to help children understand changes in their bodies and emotions, and to develop confidence in asking questions and seeking support. Relationships Education is statutory in all primary schools. However, parents do have the right to request that their child is withdrawn from some or all of the non-statutory Sex Education elements of the programme.

We strongly recommend that all children take part in these sessions, as research shows that high-quality Relationships and Sex Education supports children's mental health, wellbeing and safeguarding by helping them understand their bodies, recognise risks, and seek help when needed.

If you would like to find out more about the content being taught or discuss any aspect of the programme the please contact your child's class teacher or Miss Watts (PSHE lead) by emailing the school office at school@bearwood.poole.sch.uk.

Thank you for your continued support.

Yours sincerely,

Miss Watts
PSHE Lead



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