



Bishop Aldhelm's CE Primary School

Loved by God; United in Learning

Headteacher: Scott Tait Deputy Headteacher: Sarah Dawson

Wednesday 7th October 2026

Relationship and Health Education Learning

Dear Parent/Carer,

As part of our school's Personal, Social and Health Education learning, and in line with the Government's statutory programme, I am writing to inform you that your child will receive relationship and sex education (RSE) lessons during the second Autumn Term (Week beginning 2nd November 2026). We have decided to move the Growing and Changing SCARF unit to the autumn term so that children are equipped with important knowledge and understanding earlier in the school year. Teaching these modules at the start of the year helps to establish clear boundaries, develop digital literacy, and promote safe online relationships from the outset, giving children the knowledge and confidence they need to make safe and informed choices.

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme. We will be following the guidance which was released in September 2026 and ensuring every child, receives the correct, up to date information.

The lessons delivered to our pupils will focus on body changes and keeping safe. Each year group will follow a set of lesson plans designed for your child's specific age group:

- EYFS: cycles, life stages, girls and boys (similarities and differences)
- Year 1: Getting help, becoming independent, my body parts, taking care of self and others
- Year 2: Life cycles, dealing with loss, being supportive, growing and changing, privacy
- Year 3: relationships, changing bodies and puberty, keeping safe, safe and unsafe secrets
- Year 4: body changes during puberty, managing difficult feelings, relationships including marriage
- Year 5: managing difficult feelings, managing change, how my feelings help, keeping safe, getting help
- Year 6: coping with changes, keeping safe, body image, making babies, self-esteem

Whilst the September 2026 guidance strongly recommends this lesson for all children, parents have a right to withdraw their child from the 'Making babies' lesson in Year 6; this teaches how babies are conceived and how this can be prevented. If you wish to withdraw your child from this lesson, please speak to their class teacher.

During these lessons, correct vocabulary will be taught and shared with your child. Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.



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We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas.

<https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

If further advice/support is required or you have any questions about the programme, please do not hesitate to speak to your child's class teacher.

Yours Sincerely

Miss Stickland and Mrs Light

PSHE, RSE and Safety Curriculum Lead.



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SCHOOL



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