

Mrs Sarah Moss
Headteacher
Tel: 01304 611360
01304 621145
Email: headteacher@eastry.kent.sch.uk
www.eastry.kent.sch.uk



EASTRY CHURCH OF ENGLAND
PRIMARY SCHOOL
COOKS LEA
EASTRY
SANDWICH
KENT
CT13 0LR

7th May 2026

Dear parent/carer,

This school year we have been following the PSHE (Personal, Social and Health Education) Programme that is used across our whole school called 'EC – PSHE', alongside the government Early Years Guidance called Development Matters (which covers the whole EYFS curriculum including PSED).

The sessions teach emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way. The ideas discussed are threaded through our entire curriculum all day, every day e.g., taking turns, being kind, sharing.

During the next two weeks leading up to half term, the sessions and discussions are about **Me and My Body**. As part of the very gentle and informal chats we will think about being independent and resilient, how we can use our body and breath to calm down as well as how we grow and change from babies to children to adult and the things we can do now that we couldn't as a baby.

In addition to our scheme, we will we will also use the NSPCC material -<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/> We will read Dinosaurs Love Underpants, sing the 'Pantasaurus' song, talk about what the word private means, our pants being private and when is a good time to talk about pants.

I hope you agree with us that this learning is vitally important for children and will to be done in an age-appropriate way. The EC Programme gives us a secure framework which builds on small steps year on year to deliver this learning. The EC programme, process and resources are in accordance with the statutory Government programme of RSE (Relationship and Sex education).

Since September 2020, the Government made Relationships Education and Health Education statutory for all primary schools and therefore children cannot be withdrawn from all parts of their learning. However, I hope you can see how EC deals with this subject in a sympathetic and sensitive manner which is built on a solid foundation of age-appropriate learning and statutory guidance.

In addition to this, we hope you, like us, will see the materials in Ce -PSHE / NSPCC site as educationally sound and beneficial to our children. If you have any questions or need any extra information, please feel free to ask your me.

Kind regards,
Sunny Harvey

Mrs Harvey

