



Randlay Primary School & Nursery

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Head Teacher:
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15th May 2025

Dear Parents and Carers,

As you may be aware Relationships and Health Education was made a statutory part of the curriculum in 2020. As a staff we are pleased that the importance of these subjects has been recognised by the government. We know that when a child is well educated in these curriculum areas they are able to keep themselves healthy and safe as well as being able to form healthy and happy relationships.

Children are broadly taught about:

- **Families and people who care for me** – which includes learning about a range of stable family relationships, and how to seek advice if they feel unsafe
- **Caring friendships** – which includes finding out about healthy friendships and recognising who to trust
- **Respectful friendships** –which includes the importance of respecting others, even when they are very different from them and understanding about bullying
- **Online relationships** – which includes who to trust online and the principles of keeping safe online
- **Being safe** -which includes what action to take when feeling unsafe

I am sure you would agree that learning about this is essential to keep children safe and help them to develop into happy and healthy adults.

As part of the statutory National Curriculum, there are also aspects of relationships, health and sex education which are taught to all pupils within the science curriculum. This includes understanding growth, life cycles and reproduction for animals/mammals and naming of body parts. We believe that this biological approach needs to be balanced with an emphasis on relationships, feelings, and values which is taught within PSHE lessons.

We are particularly concerned to ensure our children know how to keep themselves safe, healthy and how to develop confidence and self-esteem to ensure they are not vulnerable or exploited in any way.



As such in addition to the above statutory curriculum we teach a curriculum which adds to children's understanding of how their bodies change as they develop. By the end of year 6 children are also taught about the human life cycle – how a baby is conceived and born. This is taught mainly in year 5 with a short recap in year 6. Parents have a right to withdraw their child from the teaching of sex education (non-statutory teaching, which is outlined below).

All teaching in years 1 – 4 is part of relationships education rather than sex education there is no right to withdraw children from statutory relationships education.

The following outlines what your child will be specifically taught in their year group. The teaching in year 5 and 6 about conception and birth is the **only teaching which is not part of the statutory curriculum and categorised as sex education**, this is labelled below:

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Understanding they have grown from a baby to a child and that they will continue to grow up and age. Naming external parts of the body e.g. head, leg.</p> <p>Discussing safe touch and their rights to say no to any touch.</p>	<p>Recognising and understanding how they have changed from a baby, naming external body parts of boys and girls, recognising and respecting differences between themselves and others.</p> <p>Discussing safe touch and their rights to say no to any touch.</p>	<p>Understanding the difference between girls' and boys' bodies and naming external body parts, recognising and respecting differences between themselves and others.</p> <p>Discussing safe touch and their rights to say no to any touch.</p>	<p>Understanding the difference between girls' and boys' bodies and naming external body parts, recognising and respecting differences between themselves and others.</p> <p>Discussing safe touch and their rights to say no to any touch.</p>	<p>Preparing for and understanding changes that occur as part of puberty including physical and emotional changes and introduction to menstruation (taught in single sex groups)</p>	<p>Knowing that during puberty a body changes from a child to an adult and beginning to understand why the body changes during puberty, including the functions of organs of the body, Menstruation (taught in single sex groups)</p> <p>basic facts about pregnancy (non-statutory)</p>	<p>Confidently discuss the physical and emotional changes caused by puberty, discussing hygiene. Learning the name of female and male reproductive organs and how they function (part of this lesson about the reproductive function of the reproductive organs is non-statutory)</p>

As in previous years we are delivering the Shropshire Respect Yourself: Eat Better, Move More, Relationship and Sex Education programme. This programme has been nationally recognised, is informed by good practice guidance and has received the quality Kitemark from the Personal, Social Health Education Association (PSHE). It includes the transition programme for year 6, which ensures continuity and age-appropriate progression with the Shropshire secondary programme.

The programme will be delivered by your child's teacher during this term. Each class will complete around five lessons within this programme. There will be opportunities for the children to work in mixed and single gender groups as is appropriate and exercises will be adapted to take into account different levels of maturity and ability. If your child is in a mixed age class they will be taught the lessons which are appropriate to their year group.

There is further information regarding the teaching of relationships and health education in the Relationships and Health Education Policy which can be found on our website.

I will upload a PowerPoint which outlines the materials used on our website and I encourage you to look through it so that you know what your child will be taught.

Should you have any questions or concerns I will be available to discuss the resources on **9th June 2025, between 2pm and 3pm**. Please pop in.

You can also discuss these materials with your child's teacher, or you can speak to me at any time.

Kind regards,

K. Hever

Mrs Katherine Hever
PHSE Lead / LKS2 Leader / Class Teacher

