

WESTON-ON-TRENT CHURCH OF ENGLAND (AIDED) PRIMARY SCHOOL



"Let Your Light Shine"

HEADTEACHER: Mr Mark Hibbert

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RE: RSE and health education- Reception.

Dear parents,

Government guidelines outline that it is compulsory for all schools to teach children about relationship and health education. Within this subject, the children learn the human life cycle including the changes during puberty. Correct terminology is introduced early to normalise this and to support safeguarding. These words are not used in isolation but in conjunction with teaching the children that these are private parts of their bodies. Puberty is introduced gently in year three because some girls do start their periods at this age.

Our view as a school is that knowledge empowers and protects the children as long as it is age appropriate. In secondary school, sex education is statutory and we believe that primary schools should prepare children with accurate knowledge about puberty and human reproduction before they transfer to secondary school. For further details, please see our [relationships-and-health-education-policy-2025.pdf](#)

The details of what will be taught to your child's year group are outlined below.

Please note: careful consideration is given to the teaching of this subject and the children are taught by their usual Jigsaw (PHSE) teacher and with their own year group.

If you have any concerns or queries about your child's participation in these lessons or would like to see the content and resources used in your child's year group, please do not hesitate to contact myself, either through the info@westoncofe.derbyshire.sch.uk email address or in person.

Yours sincerely,

A. Melland

PHSE and RSE Coordinator

Foundation Stage

Weekly Celebration	Pieces	Learning Intentions
Understand that everyone is unique and special	1. My Body	I can name parts of the body
Can express how they feel when change happens	2. Respecting My Body	I can tell you some things I can do and foods can eat to be healthy
Understand and respect the changes that they see in themselves	3. Growing Up	I understand that we all grow from babies to adults
Understand and respect the changes they see in other people	4. Fun and Fears Part 1	I can express how I feel about moving to Year 1
Know who to ask for help if they are worried about change	5. Fun and Fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1
Are looking forward to change	6. Celebration	I can share my memories of the best bits of this year in Reception