

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



"Let Your Light Shine"

HEADTEACHER: Mr Mark Hibbert

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4th June 2025

RE: RSE and health education- Year One.

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 RHE Coordinator

Year 1

Weekly Celebration	Pieces	PHSE Learning Intention	Social and Emotions Development Learning Intention
Understand that everyone is unique and special	1. Life Cycles	I am starting to understand the life cycle of animals and humans	I understand that changes happen as we grow and that this is OK
Can express how they feel when change happens	2. Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
Understand and respect the changes that they see in themselves	3. My Changing Body	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, anus	I respect my body and understand which parts are private
Know who to ask for help if they are worried about change	5. Learning and Growing	I understand that every time I learn something new I change a little bit	I enjoy learning new things
Are looking forward to change	6. Coping with Changes	I can tell you about changes that have happened in my life	I know some ways to cope with changes

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