

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 Three.

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 Coordinat

Year 3

Weekly Celebration	Pieces	PHSE Learning Intention	Social and Emotions Development Learning Intention
Understand that everyone is unique and special	1. How Babies Grow	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
Can express how they feel when change happens	2. Babies	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family
Understand and respect the changes that they see in themselves	3. Outside Body Changes	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process	I recognise how I feel about these changes happening to me and how to cope with those feelings
Understand and respect the changes that they see in other people	4. Inside Body Changes	I can identify how boys' and girls' bodies change on the outside during this growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.	I recognise how I feel about these changes happening to me and how to cope with those feelings
Know who to ask for help if they are worries about change	5. Family Stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
Are looking forward to change	6. Looking Ahead	I can identify what I am looking forward to when I move into year 4	I can start to think about changes I will make next year and know how to go about this

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