

Water Primary School

Happiness, Health & Opportunity

Burnley Road East
Water, Rossendale
BB4 9PX
Tel: 01706 216 414
Fax: 01706 218 637
Email: enquiries@water.lancs.sch.uk
Website – www.water.lancs.sch.uk

Headteacher: Miss E. McKay



Friday 11th September 2026

Dear Families

Year 3 - 'Growing and Changing' Relationships and Sex Education unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Year 3 children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally appropriate way. From September 2026, schools will be required to teach the 2025 revised guidance for Relationships and Health Education. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Year 3 child will be exploring 'Body Space' and 'My Changing Body'. During these lessons, correct vocabulary will be taught and shared with your child. This includes the scientific vocabulary of penis, testicles, scrotum, vulva, vagina, nipples, anus, womb, breasts, ovaries, sperm, eggs, wet dreams, involuntary erections, menstruation. These scientific names and descriptions are used across all years in Key Stage 2, so that children are able to express themselves clearly when talking about these body parts and understanding the difference between male and female bodies.

Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be. Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life. This updated guidance stipulates that puberty education

including menstruation must start at eight years old to help children understand what to expect and avoid distress.



We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely, they are better able to enjoy their friendships and therefore focus more whilst at school.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas: Helping your children understand changes at puberty - www.coramscarf.org.uk/rse-for-Y6-and-P7

We advise you to use this vocabulary with your child at home as well. If further advice/support is required or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or the Headteacher.

Yours faithfully

Miss Launder
PSHE Lead

