

Water Primary School

Happiness, Health & Opportunity

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Friday 11th September 2026

Dear Families

'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, Health and Economic Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In Early Years Education, it is referred to as PSED, Personal, Social and Emotional Development. This focuses on children's ability to develop a positive sense of self, build social skills and manage their emotions. This includes building confidence and independence, forming relationships and nurturing understanding and empathy. PSED is a Prime area of learning and is crucial for children to lead healthy and happy lives.

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) aspects of our PSHE programme to Reception 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.

The Department of Education (DfE) acknowledges that the RSHE guidance is only statutory for Y1 onwards, but strongly recommends that teachers introduce it, in an age-appropriate way, as soon as children begin school and the guidance stresses the value of a whole-school approach. The EYFS non-statutory curriculum guidance sits alongside the Early Years framework. The Specific Area "understanding the world" and the Prime Area, "personal, social and emotional development" contain recommended content that closely matches that of the Relationships Education guidance. It forms the basic building block for the RSHE curriculum.

Your Reception child will be exploring themes including 'Human life stages - who will I be?', 'Where do babies come from?' and 'Me and my body - boys and girls'. During these lessons, correct vocabulary will be taught and shared with your child, in line with the school/ settings RSE policy. This may include the



term private parts and the scientific vocabulary of penis, vulva, sperm, eggs, testicles, nipples, breasts, vagina and womb. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts. We advise you to use this vocabulary with your child at home as well as any family words you might use.

We 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

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Good
Provider

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Aware School **ACE** Education



Healthy School



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