



Monday 8th June 2026

Dear Parents / Carers

Relationships and Sex Education

I am writing to inform you about our coverage of RSE (Relationships and Sex Education) at St. Chad's CofE Primary, which will take place during this half-term. RSE is lifelong learning about physical, moral and educational development. It is about the importance of good hygiene, stable and loving relationships, keeping ourselves safe, respect and care.

RSE related content in the National Curriculum for Science or the National Curriculum for Relationships and Health Education is compulsory. Parents have a right to **withdraw** their child **from the 'Families, Conception and Pregnancy' lesson in Year 6**, as this is in addition to the statutory content. Parents wishing to withdraw their child from this lesson must put their request in writing (letter or email) to the school office **by 9:00am on Monday 15th June**. This deadline is important as some classes plan on starting the lessons on Monday next week.

As we have done for several years now, we will be making use of a nationally acclaimed resource: 'The Christopher Winter Project: Teaching RSE with Confidence'. This resource is recommended by the PSHE Association and has achieved the PSHE Association Quality Mark. It includes age-appropriate lesson plans and interactive whiteboard activities matched to statutory curriculum requirements for Early Years to Year 6.

The lessons and resources being used will be available to view in the Year 5 classroom after school on Friday 12th June until 3:40pm.

We value the abilities and aptitudes, experiences, religious and cultural backgrounds, gender and sexual identities of all pupils in school and seek to promote respect and understanding by acknowledging and exploring views and beliefs as appropriate. We will not ask pupils to represent their personal, religious or cultural views to their peers, unless they choose to do so. As part of this, we will follow the principles in the Church of England Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education, but the content is solely the Christopher Winter resources.

The overview for each year group is as follows:

Early Years: Family and Friendship

- Caring Friendships
- Being Kind
- Families





Year 1: Growing and Caring for Ourselves

- Different Friends
- Growing and Changing
- Families and Care

Year 2: Differences

- Differences
- Male and Female Animals
- Naming the Body Parts

Year 3: Valuing Difference and Keeping Safe

- Body Differences
- Personal Space
- Help and Support

Year 4: Growing Up

- Changes
- What is Puberty?
- Healthy Relationships

Year 5: Puberty

- Talking about Puberty
- The Reproductive System
- Help and Support

Year 6: Puberty, Relationships and Reproduction

- Puberty and Reproduction
- Communication in Relationships
- Online Relationships
- Families, Conception and Pregnancy (*non-statutory sex education – parents have a right to withdraw their child from all or part of this lesson*).

These themes are progressive throughout school; while some of the lower year groups cover aspects that are then revisited up the school, it is done in a basic way as an introduction and does not go into detail.

Kind regards,

A handwritten signature in cursive script that reads "Jackie Matthews".

Miss Jackie Matthews

Deputy Headteacher, Inclusion Leader and DSL

PSHCE Leader