

**2nd June 2026**

Dear Parents and Carers

RE: RSE Week Commencing 8th June 2026

Children across the school will be taking part in age-appropriate RSE lessons during the second week back 8th June 2026.

Each session is carefully planned to ensure that pupils learn in a way that is suitable for their stage of development, helping them build confidence, understanding, and the skills they need to stay safe and healthy.

### **Early Years & Key Stage 1 (Reception-Year 2)**

- Families & friendships - understanding different types of families, kindness, and how to be a good friend.
- Feelings & boundaries - recognising emotions, personal space, and knowing that their body belongs to them.
- Safety - safe/unsafe touches, who trusted adults are, and how to ask for help.
- Health & growing - basic understanding of growing up and keeping healthy.

### **Lower Key Stage 2 (Years 3-4)**

- Friendships & respect - managing conflict, recognising positive and negative behaviours.
- Body changes - early introduction to puberty in a simple, reassuring way.
- Online safety - understanding safe behaviour online and knowing what to do if something feels wrong.
- Families & diversity - learning that families and relationships can look different.

### **Upper Key Stage 2 (Years 5-6)**

- Puberty education - physical and emotional changes, hygiene, and managing feelings.
- Healthy relationships - respect, consent in an age-appropriate sense (e.g., saying yes/no to hugs), and recognising unsafe situations.
- Reproduction basics - factual, simple explanation of human reproduction in line with statutory science.
- Online behaviour - understanding risks such as sharing images and how to stay safe.

***Should you wish to discuss this further please speak to your class teacher. If you would like to withdraw your child from this lesson, please contact the school office.***

Kind Regards  
Mrs Symington  
Head of Academy