



*Learning for life, building a firm foundation.*

6<sup>th</sup> January 2026

## Relationships and Health Education

Dear Families,

All Saints C E Primary School and Nursery aims to promote the spiritual, moral, cultural, mental and physical development of all learners. Opportunities are provided to prepare the children for the responsibilities and experiences of life in an ever-changing society. This includes teaching children about relationships, health and their changing bodies.

All primary schools are required to teach Relationships and Health Education. These lessons contribute to safeguarding, helping children to take care of their bodies and keep themselves safe. This links directly to our Protective Behaviours programme, which is fully focussed on keeping children safe.

Relationships and Health education is delivered through our whole school PSHE programme SCARF and in particular our Spring term SCARF unit, Growing and Changing. These lessons are delivered sensitively and at an age-appropriate level.

These Relationships and Health Education lessons are adapted every year to suit the needs of our learners. There are no longer any sex education lessons being taught and lessons about puberty start in Year 4 and continue into Year 5 and 6.

Below is an overview of the lessons:

**Nursery:** Growing and changing in nature, when I was a baby, girls, boys and families.

**Reception:** Life stages - plants, animals, humans, Life Stages: Human life stage - who will I be?/Getting bigger and First Aid: What's safe to go onto my body.

**Year 1:** Healthy me, taking care of a baby, then and now, who can help?

**Year 2:** Haven't you grown! Harold's postcard, helping us to keep clean and healthy, Harold's bathroom and my body needs...

**Year 3:** Dan's Dare, friends are special, Our Helpful Volunteers.

**Year 4:** Puberty: All change! My feelings are all over the place! Preparing for changes at puberty.

**Year 5:** Growing up and changing bodies, Changing bodies and feelings, Dear Hetty – grief and loss.

**Year 6:** I look great! Is this normal? Media manipulation

If you do have any questions or require further information or support, please talk to your child's class teacher.

Yours sincerely

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