



Academy Head – Henry Huxtable
Email: head.wvp@consortiumtrust.org.uk

4th June 2026

Dear Parents and Carers

Personal, Social, Health, Education Programme for Years 3 & 4 (PHSE & SRE)

At Mendham Primary School we are committed to providing all pupils with a planned Personal, Social, Health, Education (PSHE) programme to enable them to acquire the knowledge, understanding, skills and strategies they need to develop an understanding of themselves, empathy and the ability to work with others to help pupils form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives. A full outline of our PSHE curriculum is available by request.

The Government made Relationships Education and Health Education statutory for all schools from September 2020, so we have integrated the statutory requirements into our planned PSHE curriculum and other supporting curriculum areas. We will be teaching this content before the end of summer term.

The Government has produced some information leaflets for parents to explain what the new curriculum consists of and is trying to achieve. To view these resources, please visit:
<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

As part of the school's PSHE programme, children learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe both on and offline.

As they progress through primary school, they will cover the following aspects of Relationships Education and Relationships and Sex Education (SRE).

- Pupils in all year groups from Reception to Year 6 are taught that some body parts are private and that their body belongs to them.
- Pupils in all year groups are taught about what physical contact is acceptable or unacceptable and that they have a right to say no both on and offline (consent). They are taught that they should tell an adult if they are worried. This is vital to support the work we do in keeping all pupils safe. To support us in delivering this message to the pupils, we use information from the NSPCC Underwear Rule campaign. You can find out more at <http://www.nspcc.org.uk/>



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In Year 3 and 4 children:

- Learn the difference between male and female bodies.
- Discuss appropriate and inappropriate physical contact and consent.
- Different types of family and where to go for support.
- Explore the human lifecycle.
- Understand some basic facts about puberty and how this links to the lifecycle.
- Explore respect within relationships and the characteristics of healthy relationships.

Teaching staff approach this aspect of the curriculum very sensitively and are aware of how it contributes to pupil's development; supporting them to develop healthy relationships, keep themselves safe and having factually correct information and the skills to positively manage the physical and emotional changes that will happen as they grow into hopefully happy, confident and responsible teenagers.

Parents and carers also play a vital role in talking to their child(ren) about this important part of growing up and keeping themselves safe. To help you understand the type of questions children of different ages may ask and how to best respond to them further information can be obtained from the family planning association website - parent/carers section at <https://www.fpa.org.uk/help-mums-dads-and-carers>

Some aspects of this curriculum are delivered through the National Curriculum for Science and some through the PSHE/RSE curriculum. From September 2020, parents will be unable to withdraw children from the Relationships Education and Health Education. At Mendham Primary School, we have decided to teach Relationships and Sex education in Years 3 and 4, which parents will still be able to withdraw their children from. We will provide parents the opportunity to review the resources prior to teaching the lessons in order to help them to make an informed decision.

Although parents/carers have the right to request to withdraw their child from any or all of sex education as part of Relationships Education, it is our aim to encourage parents to see the value of RSE learning and its contribution to keeping children safe, developing their emotional, social and physical wellbeing and for promoting equality and social justice.



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<http://www.mendhamprimaryschool.org.uk/>

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Should a parent decide that they do not wish their child to take part in any of the Year 3 or 4 relationships and sex education lessons, we would ask that they first speak to Mr Lea to discuss their concerns. The head teacher will discuss the request with the parent/carer to fully understand and address any concerns/objections to the content of the curriculum. If parents/carers do decide to withdraw their child, they should inform the head teacher in writing and the school will keep a record of this.

Yours sincerely,

Mrs Peach

Mrs Peach
Class Teacher



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