

13 May 2026

Health Education and Relationships Education

Dear Parents/Carers,

Here at Sandringham Primary School, we include Health Education and Relationships Education within our whole-school PSHE curriculum. We teach these aspects using the content from Jigsaw, the scheme of learning which we currently use to deliver PSHE lessons. Over the summer term, teachers will deliver the 'Relationships' and 'Changing Me' modules.

Relationships education will cover the following topics:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Changing Me will cover the following topics:

- EYFS – Growing up: How we have changed since we were babies.
- Year 1 - Boys' and girls' bodies: correct name for body parts.
- Year 2 – Boys' and girls' bodies, body parts and respecting privacy.
- Year 3 – How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.

All the content delivered in these lessons is considered a statutory part of the curriculum. Sex education is not part of the curriculum for pupils in EYFS to Year 3 but should there be any elements that you are concerned about, we invite parents/carers into school on **Wednesday 20th May 2026** from **9-9:30am** to view the material that pupils will be taught. Members of staff will be available to discuss any concerns you have about the lesson content.

If you have any questions or would like to discuss anything further, please speak to class teachers or the office staff.

Many thanks,
Mrs S Waterland
PSHE Subject Lead