

13 May 2026

## Relationships and Sex Education

Dear Parents/Carers,

Here at Sandringham Primary School, we include Health Education, Relationships Education and Sex Education (for pupils in Years 4-6) within our whole-school PSHE curriculum. This is instead of cramming lots of content into a single talk with an external speaker. 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:

### Year 4

- Internal and external reproductive body parts.
- Recap about puberty and menstruation.
- Conception explained in simple terms.

### Year 5

- Puberty for boys and girls in more detail.
- Conception explained in simple biological terms.

### Year 6

- Puberty for boys and girls revisited.
- Understanding conception to the birth of a baby.
- Becoming a teenager.

There are elements of sex education that will be delivered to pupils in Years 4 – 6. The lessons where this is covered are:

- **Year 4:** Lesson 2 (Having a baby)
- **Year 5:** Lesson 4 (Conception)
- **Year 6:** Lesson 3 (Babies: Conception to Birth)

Parents/carers are able to withdraw pupils from the sex education elements. If pupils are withdrawn, they will only be taught the statutory science, relationships and health education elements of that lesson. Should there be anything that you are concerned about, we invite parents/carers into school on **Wednesday 20th May 2026** from **9-9:30am** to view the materials that pupils will be taught. Members of staff will be available to discuss any concerns you have about the lesson content.

If you still wish to withdraw your child from the sex education element, please return the below slip to your child's class teacher as soon as possible.

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

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**Sandringham Primary School**  
**Year 4 to Year 6 RSE Lesson Withdrawal**

Pupil Name .....

Class .....

I **do not** give consent for my child to participate in lessons involving sex education and would like to withdraw them. I understand that they will still receive the statutory science, relationships and health education elements of the lessons.

Signed ..... Parent/Carer

Date .....