

Portsmouth Primary and Early Years

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Headteacher: Mr A Vaghela

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30th April 2026

Relationships and Sex Education Lessons

Dear Parents/Carers,

Health, Relationship and Sex Education

At Portsmouth Primary School and Early Years, we use Jigsaw as our scheme of work to teach PSHE (Personal, Social and Health Education). Health and Relationship Education is statutory in all primary schools (DfE Guidance 2019) and this is taught throughout the school year, but with a particular focus during the summer term.

We are consulting with parents about our RSE policy and curriculum

The purpose of this letter is to inform you of the statutory requirements placed on schools, what we plan to teach and when, and to invite your views as part of our consultation process. Your feedback is important to us and will help shape our final approach to teaching these important topics.

In the first half of the summer term, we will be teaching the 'Relationships' topic. We develop positive relationships throughout the school year but during this unit of work, children learn about different relationships we have with our friends, family and communities, and how these relationships change as we grow.

In the second half of the summer term, we will be teaching the 'Changing Me' topic. This helps children learn to cope positively with all sorts of change. In this unit, we also teach Sex Education. In Reception and Key Stage 1 this includes scientific terminology for body parts, including genitalia. In Key Stage 2 they will learn about puberty, conception and birth. Please see the attached leaflet for when these topics are taught appropriate to the age and developmental stage of the children.

Understanding what is statutory and what you can withdraw your child from

It's important to understand the difference between what is statutory (required by law) and what is non-statutory:

You CANNOT withdraw your child from:

- Relationships Education (learning about families, friendships, keeping safe, etc.)
- Health Education (including learning about puberty and menstruation)
- The Science curriculum (including the Year 5 unit on animal reproduction, and content about the human body as it grows from birth to old age)
- Learning the correct scientific names for body parts, including genitalia

You CAN request to withdraw your child from:

- Non-statutory Sex Education lessons about human reproduction (conception and birth in Key Stage 2)

Please speak to Mr Vaghela if you wish to withdraw your child from the non-statutory elements of sex education.

We want to hear from you

As part of our consultation, we would like to hear your views on our RSE curriculum. You can share your feedback by **Thursday 14th May 2026** in the following ways:

- **Complete our online feedback form:** <https://forms.gle/TesbAJk97psw4TWJ9>
- **Provide your views in writing** to the school office
- **Attend our information session** on **Monday 18th May 2026** at 3:30pm in 5DT, where you can also view teaching materials, ask questions and discuss the curriculum

All curriculum materials will be available for you to view at the information session, and we can also arrange for you to view materials at other times by contacting the school office.

We are eager to work in partnership with parents

We hope that the information we have provided is useful in understanding what your child will be learning in the summer term. If you have any further questions, please contact your child's teacher, Mrs Bill or Miss Tyler via the school office.

Please be aware that your child may ask you questions on what they have learnt. There is a leaflet attached to this email which gives tips on how to talk to your child about puberty and human reproduction. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

Kind regards

Miss Tyler and Mrs Bill
PSHE / RSE Lead