

Dear Parent/Carer,

As part of your child's education at **Tudor Grange Samworth Academy**, we teach Personal, Social, Health and Economic (PSHE) education to support children's wellbeing and personal development. PSHE helps pupils build the knowledge, understanding and practical skills they need to live safe, healthy and confident lives.

During this half of the summer term, your child will be learning a unit called **Changing Me**, which focuses on growing up, life cycles and personal safety. Lessons are taught in a gentle, age-appropriate way and help children understand how we grow and change, learn the correct names for body parts, and know which parts of the body are private. This learning supports children's safety and builds the foundations for healthy, respectful relationships as they get older.

Relationships Education and Health Education are statutory for all primary pupils, so children cannot be withdrawn from this content. We do not teach anything beyond what is appropriate for each year group, and teachers respond sensitively if children ask questions outside the planned learning.

If you would like to see the detailed teaching content or read our RSE policy, these are available on our school website:

<https://www.samworth.tgacademy.org.uk/primary/curriculum/subjects/rshe/>

If you have any questions or would like to discuss any part of this unit, please contact your child's class teacher via the school office. We are always happy to talk through the curriculum with you.

Yours sincerely,

Mrs K Robertson

LKS2 Lead, PSHE Lead.