



**GRETTON  
PRIMARY  
SCHOOL**

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Monday 22<sup>nd</sup> January 2024

Headteacher: Mr Adam Sallis MEd, NASEN, NPQH

Dear Parent/Carer,

### **Year 3/4 Relationships and Health Education programme (RHE)**

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our weekly Personal, Social, Health and Economic Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

As part of the feedback from previous Parents' Meetings and subsequent questionnaires, parents asked that they be informed when these sessions will be taking place, in order that they were aware of, and could prepare for, likely questions at home.

After half-term, Owls will be receiving some of the relationships and sex education (RSE) aspect of our RHE programme. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020, Relationships Education became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The lessons will be delivered to Years 3 and 4 by Mrs Sollis and will focus on body changes and keeping safe. Your child will be exploring these themes through examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls' and boys' bodies different?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone without hurting their feelings?
- Who can I talk to if I want help and advice, or am worried about someone else?

Appropriate questions that children might ask during the sessions will be answered honestly, factually and in the context of safe, supportive, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well.

If you have any questions regarding the planned sessions, please speak to myself or Mrs Sollis, in advance.

Yours sincerely,

Mr Bridges