



Foxborough
Primary School

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17th April 2026

Dear Parents and Carers

Relationships and Sex Education (RSE)

Information meeting: Friday 24th April 2026

In line with statutory guidance from the Department for Education, in 2021 it became a legal requirement that all primary aged children are taught Relationships and Health Education.

As a part of your child's education at Foxborough, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

In order to comply with our statutory duties and to ensure that children at Foxborough have a healthy and safe understanding of these curriculum areas, we follow a whole school scheme of learning provided by Jigsaw. <https://www.jigsawpshe.com/> In May and June 2020, we carried out a full consultation into this programme and our intentions as a school, which gave parents the opportunity to feedback and review teaching materials. Following the consultation, we have taught this programme since September 2020.

I am writing to let you know that, over the Summer term, your child's class will be taking part in lessons which will focus on the relationships education (RSE) aspect of this programme.

Lessons in year 4 will cover the following topics:

1. Unique me: I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm
2. Girls and Puberty: I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this
3. Circles of change: I know how the circle of change works and can apply it to changes I want to make in my life
4. Accepting change: I can identify changes that have been and may continue to be outside of my control that I learn to accept
5. Looking Ahead: I can identify what I am looking forward to when I move to a new class.

More information is available on the 'Puzzle piece' attached. More information and examples of teaching materials can also be provided on request.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website:

http://foxboroughprimary.co.uk/Curriculum_Downloads for more detail about our PSHE curriculum. All PSHE teaching that takes place will be done so in a safe learning environment and is underpinned by our school ethos and values.



Parents should note that the science curriculum in all maintained schools also includes content on human development, including reproduction, which may apply in an age-appropriate way to primary schools. There is no right to withdraw children from classes covering the science curriculum.

As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme.

If you would like to find out more or discuss any concerns, we would urge you to attend the information meeting on **Friday 24th April 2026 from 08:45am to 09:30am** in the school hall where you will be able to ask questions, find out more information and view teaching materials. This will be the same as the meeting that was held last year regarding the same information.

Yours sincerely

Mr. Wood, Subject lead for PSHE education.