



Friday 1st May 2025

Dear Parents and Carers,

Lessons on Puberty and RSHE (Relationships, Sex and Health Education)

At Warden House, we teach RSHE (Relationships, Sex and Health Education) as part of our PSHEC Curriculum. The 'Relationships Education' part of this is compulsory for all primary schools as set out in the current [DfE Guidance](#). This includes primary aged children learning about the 'changing adolescent body', included in the expected outcomes for primary Health Education.

As a parent or carer, you have the right to withdraw your child from the Sex Education part of this curriculum provided at school - except for those parts included in statutory National Curriculum for Science and that included within Statutory Relationships and Health Education curriculum. This includes learning the correct names for the main external body parts, learning about the human body as it grows from birth to old age. It also includes learning about the scientific process of reproduction in some plants and animals, including humans.



At Warden House, we believe that effective Relationships, Sex and Health Education makes a significant contribution to the development of the personal skills needed by our children if they are to establish and maintain positive relationships as they head towards adult life. It also enables children and young people to make responsible and informed decisions about their health and well-being.

We are confident that the [Jigsaw Programme](#) that we follow covers all aspects of Relationships, Sex and Health Education (RSHE) within the context of a full PSHEC programme in an age-appropriate way. You can find detailed map of what we are teaching on [JIGSAW 3-11 AND STATUTORY RELATIONSHIPS & HEALTH EDUCATION](#).

If you wish to exercise your right to withdraw your child from any aspects of the sex education curriculum, please speak to your child's Class Teacher by the end of Term 5 to explore any concerns and discuss any impact that withdrawal may have on your child.



They will be able to advise you on your options and next steps linked to the curriculum in your child's year group. It is important to understand that once a child has been withdrawn, they cannot take part in the specific sex education lessons for the rest of the school year unless the request for withdrawal has been removed.

In line with government guidance, parents and carers cannot withdraw from any aspect of Relationships Education and Health Education lessons covering the changing adolescent body (puberty).

Please click here to find [PSHE Knowledge Content Snapshot Overview](#) and [RSHE Guide Leaflet for Parents and Carers](#) for your information. Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc. which young people may have access to, and this can sometimes make an already confusing time seem even more complicated!

If our children can make their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults, able to make positive choices.

Yours faithfully

Marina Camilleri-Gorman

PSHEC Subject Lead