



Tuesday 19th May 2026,

Dear Grazebrook Families,

Re: RSE Lessons

Relationship Education (Year 1 to Year 5)

Relationships and Sex Education (Year 6)

Since September 2020, PSHE lessons incorporating RSE have been compulsory for all pupils in all schools. This is not a subject area that should cause concern or anxiety for parents, teachers or pupils.

In Key Stage 1, the RSE objectives focus mainly on relationships. These include recognising and expressing feelings appropriately, labelling external body parts of boys and girls using correct medical terminology, understanding that babies are made by a male and a female (without detail at this stage), and learning how to maintain a healthy lifestyle.

In Key Stage 2, these ideas are built upon, and as children grow older, the objectives begin to cover more sensitive—but equally important—topics such as puberty.

After half-term, the children will begin their RSE (Relationships Education) unit within PSHE (Personal, Social, Health and Economic Education). At Grazebrook, this is delivered through the Kapow Primary RSE curriculum, specifically the unit titled 'Safety and the Changing Body'. This unit is designed to support children through transitions by teaching key skills and providing a toolkit for managing change.

If you would like more information about what the children will be learning, please join us for a short parent information session on Wednesday 3rd June, from 9:10 to 9:40 am in the Main Hall.

Kind regards,

S. Bunbury

Simone Bunbury
Deputy Headteacher