

14th May 2026

Dear Parents and Carers,

Relationships Education lessons: A preview of content

We are writing to inform you about the *Relationships Education* lessons that will soon be taught as part of our Personal, Social, Health and Economic (PSHE) curriculum. Primary schools across the country are expected to deliver age-appropriate Relationships Education, in line with guidance from the Department for Education. These lessons are designed to help children develop the skills and understanding they need to form safe, respectful, and positive relationships with others, both now and in the future. The content will be delivered in a sensitive, inclusive, and age-appropriate way to equip children with the knowledge and confidence to navigate the world around them safely and kindly.

Children in Nursery to Year 3 will be using the NSPCC *Pants Guide* and the book *Pantosaurus*

- In nursery children will read the story and sing the Talk Pants song which teaches children which parts of their body are private and to say no.
- In Reception, year 1 and 2 children will be taught about their private parts, identify safe adults they can talk to and rehearse and recall the pants rule.
- In year 3 they will learn that their body belongs to them, identify appropriate and inappropriate touch and learn how to talk to adults if they feel uncomfortable.

At all times adults will be using the correct names for parts of the body as it is important for children to use accurate terms as this helps them understand their bodies without shame or confusion. It also reinforces that all body parts are normal and nothing to be embarrassed about.

Children in Year 4-6 will be using lessons from the Kapow PSHE scheme of work.

- Children in Year 4 will learn about the physical changes that occur as their body goes through puberty.
- In Year 5 this will be extended to include the menstrual cycle, nocturnal emissions and emotional changes.
- In Year 6 children will learn about the emotional and physical changes that occur during puberty and the biology of conception.

We understand that some families may have questions or concerns, and we encourage you to reach out. Staff will be available on Tuesday 19th May after school to answer any questions you may have or for you to preview the resources the children will be using.

Thank you for your continued support as we work together to help our children grow into kind, respectful, and confident individuals.

Warm regards,

Miss Howden
(Principal)



The Ingoldmells Academy is part of the Greenwood Academies Trust