



MEADGATE PRIMARY SCHOOL

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Executive Headteacher: Mr. J. J. Figg

18th May 2026

Dear Parents/Carers

We are writing to let you know that after half term we will be beginning our P.S.H.E. topic of 'Changing Me' in line with government expectations outlined in the school's RSE (Relationships and Sex Education) policy. This will include age-appropriate sex education in-line with our P.S.H.E. Jigsaw Scheme. All teaching will be undertaken sensitively by class teachers.

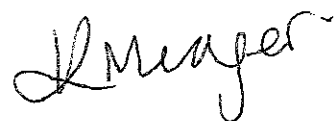
Many parents appreciate knowing in advance when the following curriculum content is to be covered and some will no doubt wish to use this opportunity for further discussion at home. The table below shows an overview of what will be covered by each year group.

	Physical, social and emotional development
YR	I can talk about my body and growing up e.g. naming the parts of the body. I understand that we change from babies to adults.
Y1	I can talk about how my body has changed since I was a baby. I can identify different parts of my body (using scientific words) and recognise the differences between girls and boys. I can understand that growing up is natural and that everybody grows at different rates. I respect my body and understand which parts are private.
Y2	I can tell you about the natural process of growing from young to old. I can recognise the physical differences between boys and girls, using the scientific names for parts of the body. I understand there are different types of touch and can say which ones I like and don't like. I appreciate that some parts of my body are private.
Y3	I can understand how babies grow and develop in the mother's uterus and that boys' and girls' bodies need to change so that their bodies can make babies when they are adults. I can express how I might feel if there was a new baby in my family and can talk about how I feel about body changes. I can say what babies need to survive.
Y4	I understand that my personal characteristics have come from my birth parents because I am made from the joining of their egg and sperm. I can correctly label the parts of male and female bodies that are necessary for making a baby. I can identify the basic facts of menstruation. I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.
Y5	I am aware of my own self-image and how my own body image fits into that. I can explain how a girl's and boy's body changes during puberty and understand that sexual intercourse can lead to conception. I know how to develop my own self-esteem. I understand that puberty is a natural process that happens to everybody. I can express how I feel about the changes that will happen to me during puberty.
Y6	I can ask the questions I need answered about changes during puberty and can describe how a baby develops from conception, through the nine months of pregnancy and how it is born. I understand how being physically attracted to someone changes the nature of the relationship and respect for one another is essential in a loving relationship. I can express how I feel about my own self-image and know how to prepare myself for changes both emotionally and physically.

We consider this to be a vital part of your child's education. The government changes set out in our RSE Policy highlight that a parent only has the right to withdraw their child from the non-statutory/ non-scientific components of sex education – this is only how a baby is made and how a baby is born. If you wish to exercise this right please request a withdrawal form from the office and return it by Wednesday 20th May.

We would welcome any parent who wishes to come into the school to look at the resources that will be used or ask questions. Please speak to the office if you would like to do this.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'K Meager', written in a cursive style.

Ms K Meager
Head of School