



Great and Little Shelford C E (A) Primary School,
Church Street, Great Shelford, Cambridge, CB22 5EL

Tel: 01223 843107
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www.shelfordschool.org.uk

We live and work in harmony with love for one another so we can achieve our potential within a community of life-long learners

Headteacher: Mr. Chris Grey PGCE, MEd

15th April 2026

Dear Year 1 and Year 2 Families,

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children’s learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children’s learning in this area takes place with you at home.

We hope this leaflet gives you some more information about our partnership in developing children’s knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available from the website.

We will shortly be beginning some work in Year 1 and 2 about ‘Growing and Changing’. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our ‘Growing and Changing’ topic covers some elements of Science, Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- **What are the names of the main parts of the body? (Y2)**
- What can my amazing body do? (Y2)
- **When am I in charge of my actions and my body? (Y1)**
- **How can I keep my body clean? (Y2)**
- **How can I avoid spreading common illnesses and diseases? (Y2)**
- How do babies change and grow?*(Y1)
- How have I changed since I was a baby?*(Y1)
- What’s growing in that bump?*(Y1)
- **What do babies and children need from their families? (Y1)**
- **Which stable, caring relationships are at the heart of families I know? (Y1)**
- **What are my responsibilities now I’m growing up? (Y1)**

*Part of the National Curriculum for Science

Bold objectives are from either of the statutory areas, Relationships Education or Health Education

We encourage you to discuss these areas with your children before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.

- To read our Relationships Policy (including Sex Education) click [here](#).
- To read the government guidance for Primary parents/carers on RSE follow this [link](#).





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You have the right to withdraw your child from the elements of our programme defined as sex education. There are no elements of non-statutory sex education taught in Year 1 and 2. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Miss Beck, Miss Palmer, Mrs. Dawson or Mr. Grey

With best wishes,

Chris Grey
Headteacher

Lisa Dawson
PSHCE Leader

