



**PURBROOK INFANT SCHOOL**  
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**Headteacher: Lisa A de Carteret**  
**Assistant Headteachers: Zoe Bailey & Paul Stray**  
**Business Manager: Hazel K Dean**



21 January 2026

Dear Parents/Carers,

### **Year 1 'Growing and Changing' Relationships and Sex Education unit**

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Year 1 children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Year 1 child will be exploring themes including '*Keeping Privates Private*' and '*Inside my Wonderful Body*'. During these lessons, correct vocabulary will be taught and shared with your child. This includes the scientific vocabulary of penis, vulva and vagina. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts. The RSE sessions in Year 1 **only** include labelling these body parts and exploring which body parts are private.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well. If further advice/support is required, or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or myself.

If after reading this letter you have any concerns, please do not hesitate to contact the school.

Yours Sincerely

Miss B Wigmore

Year 1 Leader