

TIBBERTON CE FIRST SCHOOL



Plough Road, Tibberton, Droitwich, Worcestershire WR9 7NL
Executive Headteacher: Mr A. Gromski BA Hons PGCE
Head of School: Mrs R Jordan BA Hons QTS NPQH
Email: office@tibberton.worcs.sch.uk Tel/Fax: 01905 345284

1st May 2026

Dear Parents,

Relationships, Sex and Health Education

From September 2020 it was our statutory obligation to deliver PSHE (Personal, Social and Health education) and RSE (Relationship and Sex Education) as part of our curriculum.

The full Government guidelines can be found here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

To ensure that we were meeting our statutory obligations we reviewed our offer in PSHE and SRE last year and consulted with stakeholders. You can find our PSHE and RSE long term overview and Policy on the school website (if you require paper copies of these documents please contact the school office).

We already teach PSHE and RSE as discrete lessons in single year groups. We use 'SCARF' teaching materials and resources from Corum Life Education: www.coramlifeeducation.org.uk. We also address the areas through our broader curriculum, sometimes through topic work or other subjects such as PE and Science. 'We have a curriculum that fitting for the age group and the SRE curriculum at Tibberton/Hindlip School predominantly focuses on the relationship aspects of the subject'.

As you will see in the Summer term, as part of the 'Growing and Changing' unit **Year 4** will be looking at:

- Body changes during puberty including menstruation
- Naming internal and external body parts
- Managing difficult feelings
- Relationships including marriage (this will include same sex marriage).

These will cover the following areas:

DfE Relationships Education and Health Education statutory requirements

- **Physical Health and Mental Wellbeing (Health Education) Changing adolescent body**
 1. Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- **Physical Health and Mental Wellbeing (Health Education) Changing adolescent body**
 2. About menstrual wellbeing including the key facts about the menstrual cycle.

PSHE Association Learning Opportunities

- R6. That a feature of positive family life is caring relationships; about the different ways in which people care for one another.
- R7. To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability.
- R8. To recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.

We will address these areas with sensitivity and use biological vocabulary. If you would like to become familiar with any of the vocabulary or specific coverage, please contact the office and we will be more than happy to share the teaching materials and glossary with you. This is particularly useful to enable you address any questions or further learning that may be raised at home, as with any other subject area.

Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education. Parents have the right to withdraw their children from the non-science components of sex education within RSE. We would always encourage you to address any concerns with us and we will work to address these informally. If this is not acceptable, formal requests for withdrawal should be put in writing using the form Appendix 1 found in Appendix 1 of the PSHE & RSE policy. These should be addressed to the Headteacher. The Headteacher will promote all children receiving sex education from a trained and knowledgeable teacher, thus ensuring that information is not passed on second hand preventing children being misinformed by peers.

If you have any further questions, please do not hesitate to contact me.

Kind regards



Mrs Jordan and Mr Uren
Head of Schools
Federation of Tibberton & Hindlip CE First Schools