



22nd June 2026

Dear Parents and Carers,

Consultation on Relationships, Sex and Health Education (RSHE)

At Coppice Primary Partnership, we are committed to delivering a high-quality Relationships, Sex and Health Education (RSHE) curriculum that supports pupils' wellbeing, personal development and safety. As part of our commitment to working in partnership with parents, we are inviting feedback on our RSHE Policy and curriculum.

Relationships Education and Health Education are statutory subjects in primary schools. Through our curriculum, children learn about families, friendships, respectful relationships, online safety, keeping safe and physical and mental wellbeing.

In addition, our policy states that pupils will be prepared for puberty and develop an understanding of sexual development and the importance of health and hygiene. Using the Kapow Primary RSHE curriculum, children learn about the physical and emotional changes that occur during puberty, including menstruation, body changes, personal hygiene, and how babies are conceived and develop. This learning helps pupils feel informed, confident and prepared for the changes they will experience as they grow.

The curriculum also teaches children the correct scientific vocabulary to describe themselves and their bodies. Age-appropriate terminology such as penis, vulva, vagina, testicles, menstruation, sperm, egg, fertilisation, pregnancy and puberty is taught to support understanding, communication and safeguarding. Using accurate vocabulary helps children discuss their health, ask questions confidently and seek help when needed. The table below outlines our current units and their position in the curriculum.

Year Group	Key Content Covered	Scientific Vocabulary Introduced/Reinforced
Reception	Similarities and differences between people; caring for our bodies; healthy routines; families and relationships.	body, healthy, exercise, hygiene, family, emotions, feelings
Year 1	Body parts; keeping clean and healthy; recognising feelings; understanding personal boundaries and trusted adults.	body parts, private parts, hygiene, germs, trust, safe, unsafe
Year 2	Life cycles in nature; growing and changing; similarities and differences between males and females; healthy lifestyles.	male, female, life cycle, growth, change, offspring, adult
Year 3	Physical and emotional wellbeing; respecting differences; introduction to body changes as people grow older; personal hygiene.	puberty (introduced), hormones (basic understanding), personal hygiene, adolescence
Year 4	Human life cycle; emotional changes; preparing for puberty; importance of personal care and hygiene.	puberty, physical changes, emotional changes, menstruation (introductory), reproduction, adolescence
Year 5	Puberty in detail for boys and girls; menstrual cycle; managing periods; emotional and social changes; conception and reproduction.	penis, testicles, scrotum, vulva, vagina, labia, clitoris, breasts, menstruation, period, menstrual cycle, sperm, egg (ovum), fertilisation, conception, puberty, erection, wet dream
Year 6	Human reproduction; pregnancy and birth; relationships; preparing for transition to secondary school; body image; consent and personal boundaries.	uterus (womb), cervix, embryo, foetus, pregnancy, sexual intercourse, reproduction, fertilisation, conception, birth, consent, relationship, identity



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All RSHE lessons are taught sensitively, in an age-appropriate manner and within a safe and respectful learning environment. Parents do not have the right to withdraw their child from Relationships or Health Education but may request withdrawal from the non-statutory sex education elements taught in Upper Key Stage 2.

A copy of the RSHE Policy is attached with this letter and available on the school website and from the school office. We welcome any comments or feedback and ask that responses are submitted by Friday the 10th July, using the following link.

[RSHE Consultation – Fill in form](#)

Yours sincerely,

Miss Emma Wood

Citizenship lead at Loose Primary



Proud to be part of

Coppice
Primary Partnership

Growing Together. Striving for Excellence.