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03rd July 2026

Dear parents/ carers,

Relationships, Sex and Health Education (RSHE)

This letter is to inform you about the RSHE that will be taught in the week beginning **6th July 2026**

At Seaburn Dene Primary School, RSHE is taught through Personal, Social and Health Education (PSHE) using the *Kapow* scheme of work. For schools in England, Kapow is fully compliant with the statutory Relationships and Health Education guidance 2019.

Our framework for teaching RSHE is set within the context of enabling children to understand and respect their bodies, helping them to develop positive and healthy relationships appropriate to their age and development, to support children to have positive self esteem and body image and to empower them to be safe and safeguarded.

The objectives will be delivered as part of the Science and PSHE national curriculum by your child's class teacher and will focus on naming body parts and body changes, puberty and reproduction, age dependent.

All schools have a statutory duty to teach pupils the aspects of Relationship and Health Education and pupils cannot be withdrawn from these lessons. As we have made the decision to teach Sex Education as part of the Kapow unit, pupils *may* only be withdrawn from specific lessons relating to human reproduction e.g. conception and birth in Years 4 - 6. Withdrawal from these sessions must be granted by the Headteacher following submission of a withdrawal form:

<https://forms.gle/oaJawyQndEkUW82TA>





However, we would strongly advise that you support the programme and encourage your child to participate fully in lessons. It is vitally important that your child receives clear and relevant information and teachers are fully aware of the need for religious, family and cultural sensitivity.

For your information, our school policy for **PSHE (including RSHE)** can be found on the school website, including an overview of the KAPOW content by year group, RSHE in Yrs 4-6 and further information for parents.

If you have any questions or concerns, please do not hesitate to contact your child's teacher via Class Dojo. All responses should be received by **Monday, 6th July**.

Thank you for your continued support.

Yours sincerely,

Mr John Howe
Headteacher

