



Waverton Community Primary School
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Head Teacher: Mrs Carla Cartwright



Learning together. Achieving together.

3rd June 2026

Dear Parents and Carers,

As a part of your child's education at Waverton Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme.

I am writing to let you know that, over this half term, your child's class will be taking part in lessons, which will focus on the relationships and sex education (RSE) aspect of this programme.

Lessons in year 1 will include pupils learning about: choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them. Understand that babies become children and then adults. Know the differences between boy and girl babies. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary. They will also cover the NSPCC underpants rule: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. If you would like to find out more, discuss any concerns, or view the resources we will use, please talk to your child's class teacher.

Yours sincerely,

C Cartwright

Carla Cartwright

Head Teacher