



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 4 will include:

I can choose what happens to my body and I can get help with any concerns.

I know how to keep my body healthy.

I know why it is important to get enough sleep.

I understand the importance of hygiene and what to do if I feel unwell.

I know how to take medicine safely and keep safe around drugs.

I know how to make better choices and choose healthy habits.

I know some differences and similarities between males and females.

I can name male and female body parts using agreed words.

I understand that all families are different and have different family members.

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