



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 6 will include:

I can describe male and female body parts and explain what these are for.

I can describe how boys' bodies will change as they go through puberty.

I can describe how girls' bodies will change as they go through puberty.

I can describe the feelings that some people experience as they grow up.

I know that my body belongs to me and that I have control over what happens to it.

I understand why getting enough exercise and enough sleep is important.

I know how to take care of my changing body.

I understand the harmful effects of using drugs, including alcohol and tobacco.

I understand what a positive body image is.

I can make informed choices in order to look after my physical and mental health.

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