



Trinity Street
Cradley Heath
West Midlands
B64 6HT
Headteacher: Mrs. A Bashir-Pugh

Tel: 01384 569053
Email: info@reddalhill.sandwell.sch.uk
Website: www.reddalhillprimary.com

Developing Together for Tomorrow's World

13th April 2026

Dear Parents / Carers,

In line with the government's Relationships and Sex Education (RSE) and Health Education guidance, we will be delivering the PSHE '**Changing Me**' unit during Summer Term 2. Using our PSHE scheme of work, *Jigsaw PSHE*, this unit includes the mandatory Health Education content outlined in the Department for Education (DfE) statutory guidance. A copy of this document can be found on the school website.

Health Education is a compulsory part of the national curriculum, and pupils **cannot be withdrawn** from these lessons. As part of this, it is important for all pupils, from Year 1 onwards, to learn the correct scientific names for body parts. This supports accurate understanding, safeguarding, and the development of appropriate vocabulary.

Puberty Education

Puberty education is a statutory requirement within Health Education for all primary pupils; however, it must be delivered in an age-appropriate way. In our school, **we do not teach puberty content in Years 1, 2, or 3**. This ensures that pupils receive this learning when it is most appropriate for their stage of development.

From **Year 4 onwards**, pupils will begin learning about the changes that take place during puberty. This is delivered sensitively and in line with both the DfE guidance and our school's PSHE curriculum.

Further information about the content covered in each year group can be found on the PSHE section of the school website. If you have any questions, please do not hesitate to contact Mrs. Whitehurst.

Kind regards,

T. Whitehurst

Mrs. T. Whitehurst
Assistant Headteacher
(Curriculum, Pupil Premium and Pastoral Lead)



