

Friday 25th April 2025

Dear Parents and Carers,

Year 3 Personal Social Health Education (PSHE) 'Growing Up'

We would like to inform you of our upcoming PSHE Relationships and Sex Education programme - 'Living Long and Living Strong'. This subject is in line with the National Curriculum and will provide pupils with an opportunity to learn more about themselves, their body and more importantly, an opportunity for them to discuss and share ideas with their peers.

The PSHE unit of 'Living Long and Living Strong' will be covered during one day, on Friday 23rd May 2025. The sessions will be delivered in class with the children's class teacher. The sessions will be broken into three mini sessions throughout the day. The content of these sessions will explore the differences between males and females, and this will include the use of scientific language to describe body parts. In addition to this, the children will be taught about personal space and how everyone has the right to say when they feel uncomfortable. This discussion will include learning about touch. The children will talk about different types of touch, for example, push, hug, scratch, kiss and how these differ, with an emphasis placed on how everyone is different and how everyone has a right to say what they dislike. Furthermore, part of this unit explores the concept of family and who the children can go to for help and support. This learning will involve looking at different family dynamics including, marriage, separation, fostering and adoption, as well as where different people in a family might live.

As the subject matter is considered sensitive, we would like to invite parents and carers in to discuss the lessons beforehand. This will give you an opportunity to see the resources and content of the lessons for yourself and ask any questions you may have regarding these. The date for the in-person meeting is **Wednesday 7th May 2025, and will run from 15:30 – 16:00**. It will be held in 3M classroom. **We ask that no children attend this meeting.**

If you are unable to make this meeting, please liaise with your child's class teacher in order to make alternative arrangements to receive the information.

If you have any further questions or concerns about any part of the content of this programme, we would ask that you inform Mrs Peterkin-Aldred, in writing, to the office email address, solentjunior@thesolentschools.org as soon as possible.

Yours sincerely,
Miss Atkins, Mrs Dodds, Miss Nicholas and Mr Mason
The Year 3 Team

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