

Friday 1st May 2026

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 - 'Health & Wellbeing – Growing & Changing'. 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 'Health & Wellbeing – Growing & Changing' will be covered during one day at some point across the summer term. 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 6th May 2026, and will run from 15:30 until 16:00**. It will be held in 3M classroom. **No children will attend this meeting.**

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

Yours sincerely,
Mrs Dodds, Miss Hill, Miss Parsons, and Mr Mason
The Year 3 Team