



Executive Headteacher: Mrs Ruh Alford B.Ed (Hons.), M.Ed

[www.thecareyfederation.co.uk](http://www.thecareyfederation.co.uk)

Dear Families

Year 5 and Year 6 Growing and Changing RSE Unit of Learning.

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond. We refer to materials from the Coram Life Education. This is the leading charity provider of relationships, health, wellbeing, and drugs education to children across the UK. [Family SCARF](#)

We have met with a working party of governors to discuss this material who confirmed its suitability. During the second half of the summer term 2026, our Federation will focus on Relationships, sex, and health education (RSHE) aspect of our PSHE curriculum. In 2020 it became mandatory to teach Relationships, sex and health education (RSHE). As a Federation, our RSHE programme has taken into account, the requirements of the statutory guidance, up to date best practice guidance. It is a programme that delivers the key building blocks for healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

It is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable, and we want to empower our pupils. The children will explore themes under the following questions:

- Is my body private?
- Why is it important that we learn about our bodies?
- Will we all change in the same way and at the same time and could this affect how I feel?
- Could puberty cause me to be different with my friends and family?
- Could puberty affect the way I use the Internet and social media?
- Change can be scary, what can I do to help myself when my body starts to change?
- How is a baby is conceived?
- Will we ever stop changing?

During these lessons, correct vocabulary will be taught and shared with your child. Pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.



Ashwater Primary School  
Ashwater,  
Beaworthy  
Devon,  
EX21 5EW  
Telephone:- 01409 211228  
[admin@ashwater.devon.sch.uk](mailto:admin@ashwater.devon.sch.uk)

# THE CAREY FEDERATION



Halwill Primary School  
Dreybury Lane,  
Halwill Junction  
Beaworthy,  
Devon, EX21 5XU  
Telephone:- 01409 221476  
[admin@halwill.devon.sch.uk](mailto:admin@halwill.devon.sch.uk)

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There is one lesson titled: How is a baby conceived? that parents can withdraw their child from. We want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school.

Further links and materials can be found on the Carey Federation Website.

Yours sincerely,  
Jayne Miners,  
Head of Teaching and Learning- Curriculum

