



**St Andrew's**  
C of E Primary and Nursery School

30<sup>th</sup> June 2026

## **KS1 SRE Lessons (Summer Term 2026)**

Dear Families,

As part of the school's Personal, Social and Health Education programme your child will soon receive lessons on relationships, privacy and their body. These lessons will take place during the 2026 summer term.

The purpose of Sex and Relationship Education (SRE) in KS1 is to provide knowledge and understanding of how the human body changes as you grow, the scientific names for our body parts, what privacy is and who we can talk to if they feel uncomfortable or worried. SRE in KS1 provides the knowledge ready for the introduction of changes during puberty in KS2.

If young people can start their transition into adulthood with up to date information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults who are able to make positive and informed choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of SRE are to:

1. Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
2. Establish an awareness of the importance of a healthy family life (including the many different types of family and relationships) including the responsibilities of parenthood.
3. Foster self-awareness and self-esteem.
4. Develop a sense of responsibility and respect for themselves and others.

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

**Year 1** will focus on how we grow from a baby and the correct names for each body part.

**Year 2** will focus on privacy and what acceptable touch is.

*Parents can withdraw their children from these lessons if they think this is appropriate. Please refer to our PSHE & RSHE policy which you can find on the school website.*

If you have any questions or concerns, then please see your child's class teacher.

Thank you for your continuing support,  
***Key Stage One Team***