



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

30<sup>th</sup> June 2026

## **KS2 SRE Lessons (Summer Term 2026)**

Dear Families,

At present, there is a vast amount of confusing information about relationships and sex on the internet, on TV, in magazines and connected to phones, which young people may have access to. This can sometimes make an already confusing time seem even more complicated! Therefore, as part of the school's Personal, Social and Health Education programme your child will soon receive lessons on relationships, sexual health and puberty. These lessons will take place during the 2026 summer term.

The purpose of Sex and Relationship Education (SRE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner.

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.

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 3** will focus on the accurate naming of body parts and dealing with changing feelings and relationships.

**Year 4** will focus on the physical and emotional changes relating to puberty.

**Year 5** will focus on revising puberty and reproduction.

**Year 6** will have a chance to further discuss the changes that happen both inside and out during puberty as well as focus on the impact of the media regarding SRE, e.g. body image, use of social media, dealing with peer and media pressure, etc.

*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 2 Team**