



*Love* one another  
as I have loved you  
John 15:12

Headteacher: Hannah Cole  
[info@grayswood.surrey.sch.uk](mailto:info@grayswood.surrey.sch.uk)  
[www.grayswoodschool.co.uk](http://www.grayswoodschool.co.uk)

May 2026

Dear Parents/Carers,

### **Reception 'Growing and Changing' RSHE unit (Relationships, Sex and Health Education)**

Promoting the health and well-being of our pupils is an important part of children's overall education. We teach this through our Personal, Social, Health and Economic Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In Early Years Education, it is referred to as PSED, Personal, Social and Emotional Development. This focuses on children's ability to develop a positive sense of self, build social skills and manage their emotions. This includes building confidence and independence, forming relationships and nurturing understanding and empathy. PSED is a Prime area of learning and is crucial for children to lead healthy and happy lives.

Over the next half term, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education aspects of our PSHE programme to Reception children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The Department of Education (DfE) acknowledges that the RSHE guidance is only statutory for Y1 onwards, but strongly recommends that teachers introduce it, in an age-appropriate way, as soon as children begin school and the guidance stresses the value of a whole-school approach. The EYFS non-statutory curriculum guidance sits alongside the Early Years framework. The Specific Area "understanding the world" and the Prime Area, "personal, social and emotional development" contain recommended content that closely matches that of the Relationships Education guidance. It forms the basic building block for the RSHE curriculum.

Your Reception child will be exploring themes including 'Human life stage- who will I be?', and 'Me and my body- boys and girls'. During these lessons, correct vocabulary will be taught and shared with your child, in line with the school [RSHE policy](#). This may include the term private parts and the scientific vocabulary of penis, vulva, testicles, vagina and womb. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts.

We recognise that parents and carers play a vital part in their child's RSHE, and we encourage you to use this vocabulary with your child at home as well. If further advice/support is required, or you have any questions about the programme, please do not hesitate to speak to your child's Class Teacher.

Yours sincerely,

Hannah Cole  
Headteacher

Grayswood Church of England (Aided) Primary School, Lower Road, Grayswood, Haslemere, Surrey GU27 2DR

Tel: 01428 642086 Fax: 01428 642992 School office email: [info@grayswood.surrey.sch.uk](mailto:info@grayswood.surrey.sch.uk)

Website: [www.grayswoodschool.co.uk](http://www.grayswoodschool.co.uk)