**Spurcroft Primary School**
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**Headteacher:** Mrs K Flowerdew

Wednesday 8th July 2026

Dear Parents and Carers.

**Relationships & Sex Education**
**Year 1**

This term in Year 1 we are focusing on a 'Changing Me' unit of work in PSHE (Personal. Social, and Health Education).

This unit covers life cycles of animals and humans, growing from young to old, the changing me, boy's and girl's bodies, assertiveness, and looking ahead.

As part of this unit, we have a lesson on boy's and girl's bodies, which will be taking place the week beginning the **13th July 2026**. In this lesson we discuss in what ways boys and girls look different and we use the following technical vocabulary: vagina, penis, testicles and anus, where appropriate.

In order to help pupils to be safe, we will also be talking about private parts being those parts that our swimsuit or underwear cover and that those private parts belong to them. We also discuss that nobody should do anything to them which hurt or makes them feel scared.

In line with the Government guidance, you have the right to request that your child does not take part in these sessions. If you do not want your child to take part, please inform the Year 1 staff by **Friday 10th July by 3pm** using the class email address: cedarclass@spurcroft.w-berks.sch.uk ; willowclass@spurcroft.w-berks.sch.uk

If you have any questions about this unit of work, please speak to your child's class teacher.

Kind regards,

Year 1 Teachers

