



Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Thursday 21st May 2026

Dear Parent/Carer,

Re: Reception – Relationships and Sex Education

As part of the school's Relationships and Sex Education (RSE) programme, children in Year R to Year 6 all receive approximately four age-appropriate lessons on ourselves, families, relationships, sexual health and personal safety. These lessons take place in the second half of the summer term.

The programme of learning is based upon 'The Christopher Winter Project' that is being used by many schools across the UK, and its purpose, which is presented in a sensitive, objective and balanced manner, is to help in the development of making safe choices, building self-esteem and healthy and responsible relationships with others. This programme has now operated for a number of years and has been well received by both parents and children. This is also closely linked to 'Kapow' that we use for our Personal, Social and Health Education (PSHE) lessons. This year, we will be using the updated 'Christopher Winter Project: Teaching RSE with Confidence in Primary Schools 2026' which has been fully reviewed and updated in line with the 2025 DfE Relationships Education guidance.

The programme for Year R pupils is 'My Body, My Relationships'. A copy of the scheme of work is available on the back of this letter. If you would like to view the detailed programme of learning or have any queries that you would like to discuss individually, please contact your child's class teacher or myself who will be happy to answer any questions you may have. In addition, the school's PSHE, Relationships and Sex Education policy is on our school website.

Parents/carers have the right to request that their child be withdrawn from sex education unless it forms part of statutory Relationships Education and Health Education or the science national curriculum. We would strongly urge parents to allow their child to participate, as it is likely that children will discuss the lessons and we feel that it is better for children to hear directly from the class teacher, rather than acquiring partial or inaccurate information from one another. Your child may also ask questions at home.

Requests for being excused should be put in writing by **Monday 8th June** using the form found in Appendix 6 of the PSHE, Relationships and Sex Education policy and addressed to the headteacher (if you would like a copy of this form sent to you, please inform the office). I will discuss the request with parents/carers before making an appropriate decision. A copy of these requests will be placed in the pupil's educational record. Alternative work will be given to pupils who are excused from elements of relationships and sex education.

Kind regards,

Mrs R. Lennon
Headteacher

RECEPTION: SCHEME OF WORK - MY BODY, MY RELATIONSHIPS

Key Vocabulary: happy, sad, shy, angry, worried, proud, uncomfortable, friend, kind, help, share, sorry, welcome, family, grown-up, body, hug, touch, ask, yes, no, no thank you

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p>Lesson 1 Caring Friendships</p>	<p>Learning Intention To explore how friendships can help us feel happy and how we can welcome others.</p> <p>Learning Outcomes I can say how friends make us feel. I can show a kind way to welcome someone. I can spot when someone might feel left out.</p>	<p>Reception lesson 1 social story Elephant glove puppet or toy Pictures of children at school</p>	<p>PSED and Communication and Language ELGs (see full mapping document) Relationships education Caring friendships (CF1, CF2, CF3) Respectful, Kind relationships (RR1, RR6)</p>
<p>Lesson 2 Being kind</p>	<p>Learning Intention To explore what happens when friends fall out and how we can make things better.</p> <p>Learning Outcomes I can say why friends sometimes get upset with each other. I can show kind ways to make up after an argument. I know that hurting someone is never okay.</p>	<p>Reception lesson 2 social story Elephant glove puppet or toy Picture of a crown and art materials to make crowns, i.e. paper or play-doh</p>	<p>PSED and Communication and Language ELGs (see full mapping document) Relationships education Caring friendships (CF5, CF6) Respectful, Kind relationships (RR1, RR3, RR6) Being Safe (BS1)</p>
<p>Lesson 3 Different families</p>	<p>Learning Intention To recognise that families can look different and that families help and care for each other.</p> <p>Learning Outcomes I can spot ways families can be different. I can name people who are part of a family. I can say one way families help each other.</p>	<p>Reception lesson 3 Social Story Elephant glove puppet or toy Families pictures Paper and drawing materials</p>	<p>PSED and Communication and Language ELGs (see full mapping document) Relationships education Families and people who care for me (F2, F3)</p>
<p>Lesson 4 My Body, My Choices</p>	<p>Learning Intention To understand that everyone likes different kinds of touch and that we can say what feels okay or not okay for our body.</p> <p>Learning Outcomes I can say when I like something and when I don't. I can show a kind way to say "no thank you". I know that some people like hugs and some people don't</p>	<p>Reception lesson 4 social story Ezso the Elephant puppet or toy A second puppet or soft toy 'Huggy the Bear' (e.g., a very cuddly character)</p>	<p>PSED and Communication and Language ELGs (see full mapping document) Relationships education Respectful, Kind relationships (RR2, RR3, RR4, RR7) Being Safe (BS1, BS3)</p>