



LARKRISE PRIMARY SCHOOL
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Learning Together – Achieving Excellence



15th June 2026

Dear Parents/Carers,

We are writing to let you know that from week commencing 22nd June we will be beginning our P.S.H.E. topic of 'Changing Me' in line with government expectations. This will include age-appropriate sex education in-line with our P.S.H.E. Jigsaw Scheme. All teaching will be undertaken sensitively by class teachers.

Many parents appreciate knowing in advance when the following curriculum content is to be covered and some will no doubt wish to use this opportunity for further discussion at home. The table below shows an overview of what will be covered by each year group.

Y1	Can I compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older? Can I use the correct names for penis testicles, anus, vagina, vulva and reasons why they are private? Can I explain why some changes I might experience might feel better than others?
Y2	Can I use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private? Can I explain why some types of touches feel OK and others don't? Can I tell you what I like and don't like about being a boy/girl and getting older, and recognize that other people might feel differently to me?
Y3	Can I explain how boys' and girls' bodies change on the inside and outside during the growing up process and can I tell you why these changes are necessary so that their bodies can make babies when they grow up? Can I recognize how I feel about these changes happening to me and can I suggest some ideas to cope with these feelings?
Y4	Can I summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older? Can I explain some of the choices I might make in the future and some of the choices that I have no control over? Can I offer some suggestions about how I might manage my feelings when changes happen?
Y5	Can I explain how boys and girls change during puberty and why looking after myself physically and emotionally is important? Can I summarise the process of conception? Can I express how I feel about the changes that will happen to me during puberty and that I accept these changes might happen at different times to my friends?
Y6	Can I describe how a baby develops from conception through the nine months of pregnancy and how it is born? Can I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby?

We consider this to be a vital part of your child's education, but you should be aware that you have the right to withdraw your child. If you wish to exercise this right, please let your child's class teacher know, in writing, before Wednesday 17th June 2026. If this is the case, your child will be supervised elsewhere in the school. We would welcome any parent who wishes to come into the school to look at the resources that will be used or ask questions. Please speak to the office if you would like to do this.

Yours Sincerely,

Ms Collins-Duncan
Curriculum Lead



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