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Manor Schools - The Federation of Manor Infant School & Manor Junior School
INCLUDING RESOURCED PROVISION FOR DEAF CHILDREN
Headteacher: Mrs C Findlay

Fernhill Road, Farnborough, Hampshire, GU14 9DX

2nd November 2026

Dear Parents and Carers,

Relationships, Sex and Health Education (RSHE)

As a part of your child's education at Manor Junior School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. Using quality resources from 1decision, we incorporate Relationships, Sex and Health education (RSHE) into our PSHE curriculum. Our aim is for all of our pupils to become healthy, safe and responsible members of society, equipped with the knowledge and skills to make the right choices and be the best they can be.

Over the next half term, the children at school will be covering aspects of RSHE (Relationships, Sex and Health Education) as part of their PSHE curriculum. Years 3, 4 and 5 will be covering the **statutory** elements of Relationships and Health Education and Year 6 will be covering the **non-statutory** element of Sex Education.

Lessons in Year 3 this term will include pupils learning about appropriate and inappropriate touch, in an age-appropriate context. During this unit, the terms for correct, scientific names for genitalia, such as penis and vagina will be used in some of the sessions. It is vital to ensure that all pupils know this language to ensure the best safeguarding practices. Pupils will also learn about the importance of caring about other people's feelings and understanding personal boundaries.

Lessons in Year 4 this term will include pupils building on their previous learning about appropriate and inappropriate touch in an age-appropriate context, and identifying different types of relationships. They will look at understanding how our families support us and how we can support our families. They discuss how relationships can be healthy and unhealthy and explain how to ask for help and identify who can help them if a relationship makes them feel uncomfortable.

Lessons in Year 5 this term will explore the feelings around growing and changing, including puberty and personal hygiene. Pupils will learn how to develop coping strategies to help with the different stages of puberty as well as identifying the changes in their bodies during this time. Year 5 pupils will watch a short video explaining some of the changes that will happen during puberty. If you visit the link below, you can watch a section of the video that they will watch in class. You will need to scroll down to the bottom video titled Puberty Education. https://www.1decision.co.uk/comprehensive-pshe

Lessons in year 6 will include explaining the word conception and reproduction; describing the function of the female and male reproductive systems; identifying the various ways in which adults can have a child; explaining the various stages of pregnancy; and identifying the laws around consent. As in Year 5, there is a short video to watch that engages the pupils. https://www.1decision.co.uk/comprehensive-

pshe From this link you will be able to watch a section of the Year 5 video and a section of the Year 6 video title 'Sex Education.'

Pupils will also have opportunities to ask questions across all year groups. All PSHE teaching takes place in a safe learning environment and is underpinned by our school values of ready, respectful, safe and kind. The curriculum in Years 3 and 4 does not teach about Puberty and Conception so a specific information evening is not necessary. However, if you have any questions or worries, please feel free to email me directly at v.brown@manorfed.school and I will reply as soon as I can. You can also find PSHE Knowledge Organisers on the school website https://www.manorjunior.com/page/?title=Overviews+and+Knowledge+Maps&pid=62 , these explain the key learning in all topics as well as specific vocabulary and question ideas to discuss the learning further at home.

If your child is in Year 5 or 6 and you would like to find out more about what your child will learn; view the materials and resources being used in lessons; and discover how you can best support your child to discuss these topics at home, you can attend a parent information meeting on **Wednesday 11th November 2026 at 2.45pm**. This meeting will finish in time for you to collect your children as usual. As a school community, we recognise that you, as parents and carers, are your child's main point of contact and we are committed to working in partnership with you. If you would like to find out more or discuss any concerns, we would urge you to attend the information meeting and look forward to seeing you there.

Thank you for your continued support.

Kind regards,

Mrs V Brown

PSHE Lead