



# UPLANDS MANOR PRIMARY SCHOOL

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Dear Parents and Carers

As a part of your child's education at Uplands Manor Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the Summer term, week commencing 1<sup>st</sup> June 2026 your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in Year 4 will include teaching about: healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: <https://uplandsmanor.sch.life/page/detail/pshe-inc-rshe> for more detail about our PSHE curriculum. All PSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

We would like to invite you to attend a parent information meeting on **Tuesday 21<sup>st</sup> April at 9.00am** 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.

As a school community, we are committed to working in partnership with parents; parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme. 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.

Yours sincerely,

Mrs J Durnall  
Assistant Headteacher

Achievement

Belief

Creativity

Determination

Enthusiasm



Artsmark  
Silver Award  
Awarded by Arts  
Council England

