



MANOR COURT Community Primary School

incorporating **Manor Court Early Years Centre**

A Member of Preston Primary Academy Trust

Head Teacher Mr L Talmage

Deputy Head Teacher Mr A Clode **Assistant Head Teacher** Mrs G Terry

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Wednesday 10th June 2026

Year 4 – Year 6 PSHE - Physical Health and Wellbeing

Dear Parent/Carer,

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships and living in the wider world.

In the next few weeks, our school will be focusing on part of the SCARF PSHE scheme to deliver the relationships and sex education (RSE) lessons to children in Years 4 - 6. They will be learning about keeping their bodies healthy, exploring emotional needs, choices that can affect health and wellbeing, and the influence of friends. They will also consider the effects and risks of drug use, including medicines, alcohol and tobacco.

It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age and developmentally appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance and the needs of our children.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to talk with your child about this at home as well. If further advice/support is required, or you have any questions, please do not hesitate to speak to your child's class teacher.

In addition, there will be an opportunity to hear more about the importance of RSE through a Zoom meeting with Julia Ship (a SCARF representative). More information will be sent in a separate letter, along with a link to access the meeting.

Yours Sincerely,

Paul Johnson
PSHE Lead Teacher

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