



CATALYST

Somers Heath

Foyle Drive, South Ockendon, Essex RM15 5LX
Telephone: 01708 853397 E-mail: admin.shps@catrust.org.uk

SRE Parent Information Meeting

Dear Parents/Carers,

Wednesday 6th May 2026

As part of your child's education at Somers Heath, we promote personal wellbeing and development through a comprehensive PSHE programme. PSHE is the curriculum subject that gives children 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 this half term, your child's class will be taking part in lessons which will focus on the sex and relationships education (SRE) aspect of this programme.

The resources we use are age appropriate and thoroughly researched. To give you an overview of what we will be teaching, a chance to ask questions and to view the resources being used, we will be holding a meeting for parents of **Year 3 on Tuesday 13th May at 1.30pm**. This will be held in the North Hall, please arrive at the gate on Fortin Close where you will be directed into the hall.

Kindly note that this session **is for adults only**, we are unable to accommodate non-school age children so please make other arrangements for them while you attend the workshop. Parents/carers will be refused entry if arriving with younger siblings.

Below you will find details of what topics your child's year group will cover at this time.

	Year Group Topic
Year 2	Growing, changing and the correct names for body parts. The human life cycle.
Year 3	Describing feelings and managing conflicting feelings.
Year 4	Changes at puberty. Acceptable and unacceptable physical contact.
Year 5	Changes at puberty. Acceptable and unacceptable physical contact
Year 6	Changes at puberty; human reproduction; roles and responsibility of parents.

PSHE is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and leadership team. Please see the school website for more information on the PSHE programme. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Thank you for your continued support.

Kind regards

Mr. M Curtis
Headteacher

