

Friday 4th April 2025

**RE: Relationships and Health Education (RHE) Lessons**

Dear Parent/Carer,

As part of our school's **Personal, Social, Health and Economic (PSHE)** Education programme, and in line with London Borough of Ealing's recommended scheme of work for PSHE Education, children from Reception to Year 6 will take part in **Relationships and Health Education (RHE) lessons** in the Summer term. These lessons were formally known as Relationships and Growing Up (RGU) but have been renamed in line with Ealing's updated Scheme of Work, which has been in place since Autumn 2024. The lessons have been carefully planned to be relevant and appropriate to each year group. For these lessons, we will be using the **updated resources and lesson content provided by Ealing**.

Nowadays, there is a vast amount of information about relationships on the internet, on TV, in magazines, to which children and young people are exposed. If children are provided with timely and age-appropriate information about their bodies and relationships, they can make their transition into adolescence and adulthood with the confidence and knowledge to understand what is happening to them. They will also have the best chances of growing into confident and healthy adults able to make positive choices.

As you may be aware, Relationships Education became statutory in all primary schools from September 2020. Here at Woodlands Academy, we firmly believe in a holistic approach to all aspects of education, including Relationships Education. Given the updated scheme of work, we are currently updating our policy, which will go to Governors after the holidays. If you would like to see a **draft copy of our Relationships and Health Education (RHE) policy**, it can be found [here](#).

Within these lessons, we will discuss NSPCC PANTS initiative with all pupils and will also be teaching Key Stage Two pupils 'My Body, My Rules' including FGM lessons (Year 3-6). If you would like to look at the lessons, give feedback about the policy or if you have any questions, we will be holding a **parent drop-in session on Wednesday 23rd April at 3:20- 3:50pm** in school. **Please fill in the [google form](#) if you would like to attend the workshop**. If you are unable to attend the session but would like to see the lesson content, this can be indicated on the Google form and printed copies of lesson resources can be shared.

If you have any questions, please contact us.

Thank you for your continued support,

Yours sincerely,

Ms Moxom  
Assistant Headteacher/DSL/PSHE and Wellbeing Lead