



# Gobowen Primary School

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Nurture Grow Flourish

04.06.2025

Dear Parents and Carers

## **Shropshire Respect Yourself: Eat Better, Move More, Relationship and Sex Education Programme**

As part of the statutory National Curriculum, aspects of relationship and sex education are taught to all pupils. This includes understanding growth, life cycles and reproduction for animals/mammals and naming of body parts. We believe that this biological approach needs to be balanced with an emphasis on relationships, feelings, and values. We are particularly concerned to ensure our children know how to keep themselves safe and healthy and develop confidence and self-esteem to ensure they are not vulnerable or exploited in any way.

We are delivering the Shropshire Respect Yourself: Eat Better, Move More, Relationship and Sex Education programme. This programme has been nationally recognised, is informed by good practice guidance and has received the quality Kitemark from the Personal, Social Health Education Association (PSHE). It includes the transition programme for Year 6, which ensures continuity and age-appropriate progression with the Shropshire secondary programme.

As part of our planning for the delivery of this programme we have ensured that there is consistency with our school's ethos and related policies, such as safeguarding, equalities and bullying.

The programme will be delivered by classroom teachers week commencing Monday 16 June 2025. There will be opportunities for the children to work in mixed and single gender groups and exercises will be adapted to take into account different levels of maturity and ability. We encourage pupils to ask questions, seek further information and complete activities at home. We see this work as a partnership between school and home.

If you have any questions, please speak to your class teacher.

Kind regards

Mr. Walsh  
Headteacher