LEESLAND C of E FEDERATION

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Wednesday 29th April 2026

Dear Year 3 Leesland Families,

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social, Health Education):

• To enable young people to understand and respect their bodies, and be able to cope with the change's puberty brings, without fear or confusion

• To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others)

• To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them

• To empower them to be safe and safeguarded.

It is for this reason that our year 3 RSE curriculum will cover the following:

- The NSPCC Pants rule. During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories. We will be teaching our pupils the NSPCC's Underwear Rule, using the 'PANTS' acrostic, which is like a green cross code for staying safe from sexual abuse. A further letter detailing this will follow.
- The differences and similarities between people, and how we are all equal
- What make positive and healthy friendships and relationships
- The differences between male and female bodies – including naming body parts
- That there are many different types of loving and caring families

All lessons are delivered in a way that is fully age-appropriate with the opportunity for children to ask questions and discuss in a safe environment.

You will be invited to view the materials we will be using in the lessons on Wednesday 20th May at 3:20pm in Kingfisher class. This is an informal opportunity to view the resources as well as ask any questions you may have about the unit of work.

This will be a drop-in session so you will be able to collect any siblings from the Infant School or pre-school. It may not be appropriate to bring these younger children to the session – please use your own judgement about this.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

Yours Sincerely

Year 3 team.