



St Peter's Catholic Primary School  
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Head Teacher: Mrs K Hinton  
Deputy Head Teacher: Miss M Crowley



Wednesday 28<sup>th</sup> January 2026

Dear Parent/Guardian,

I am writing to inform you about the Relationship and Health Education (RHE) lessons that take place at St Peter's. These lessons are mandatory in all schools and form an important part of our pupils' education.

The RHE curriculum covers topics such as healthy relationships, emotions and physical health and safety. In line with Catholic teaching, it also addresses human dignity, marriage and family. We teach pupils about healthy relationships and the importance of understanding consent—for example, recognising that when a friend says no, their choice must be respected. We also celebrate the diversity of families, emphasising that not every family looks the same and that all family types deserve respect.

It is important to clarify that these lessons do not at any point include any sex education, which is taught later in secondary school. Additionally, we do not teach about gender alignment.

As part of our curriculum, we teach the NSPCC Pants lessons throughout the school. This helps pupils understand that their body is private and belongs to them, promoting awareness and safety.

From Year 4 onwards, we teach about puberty, explaining the changes that occur in the body during this time. Providing pupils with accurate information about these changes is essential and is now a legal requirement for all primary schools. Every aspect of our RHE lessons has been designed specifically for primary-age children and has the full approval of the Bishop's Conference of England and Wales.

You can access the content of all of the lessons by logging into ten:ten which is the recommended curriculum by following this link:

<https://www.tentenresources.co.uk/parent-portal/>

Username st-peters-ws3 Password blox-box

If you have any questions about the RHE lessons, I will be hosting a parent session on Tuesday 3rd February at 2:45 pm which you are very welcome to attend.

Kind regards,

Miss R Crowley  
Deputy Headteacher