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**Holgate Primary
School and Nursery**
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6th June 2023

Dear Parents and Carers,

As a part of your child's education at Holgate Primary, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education program. PSHE education 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, during this summer half term, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this program. Lessons in Years 4 & 5 will include pupils learning about: the physical and biological changes that happen during puberty; the importance of personal hygiene and the emotional changes which take place during puberty. Pupils will also have opportunities to ask questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

Please visit the school's website: [Holgate Primary and Nursery - PSHRE](http://holgateprimaryandnursery-PSHRE) for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. If you wish to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home, please see your child's class teacher.

Yours sincerely,

David Gleave
(Subject lead for PSHE)

