



Ysgol Gynradd Llanganna

Llangan Primary School



Headteacher: Mr James Griffiths

Llangan Primary School • Cowbridge • Vale of Glamorgan • CF35 5DR • Tel & Fax: 01446 772403

Email: llanganps@valeofglamorgan.gov.uk Website: www.llanganschool.co.uk

Instagram: @llanganprimary

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RELATIONSHIP & SEXUALITY EDUCATION LESSONS

Dear Parent / Carers,

Relationship and Sexuality Education (RSE) is a **mandatory element** of the Curriculum for Wales, as set out by the Welsh Government. At Llangan Primary School, we deliver an **integrated curriculum**, where aspects of the RSE Code are embedded across learning experiences throughout the school year. However, specific content relating to **'Growing Up'**, which includes the strand on **Sexual Health and Well-being**, will be delivered during the week beginning **3rd June**. These lessons are carefully planned to ensure that they are age-appropriate and focus on helping children understand how to keep themselves and their bodies safe. This learning builds on work done across the year around friendships, understanding emotions, and the ways in which we grow and change.

What is RSE? RSE supports the safeguarding and well-being of all children and young people. It ensures that learners are equipped with the knowledge, understanding, and confidence to:

- develop healthy, safe, and respectful relationships,
- recognise and manage risks online and offline,
- understand their rights and responsibilities, and
- speak to trusted adults when they need support.

Through RSE, children learn the skills and values that help them navigate growing up safely, responsibly, and with a strong sense of self and others.

Llangan's RSE Scheme of Learning: GROWING UP! At Llangan, our scheme of learning is aligned with the **Welsh Network of Healthy School Schemes (WNHSS)** guidance and is further enriched with high-quality resources from trusted organisations, including the **NSPCC**. These lessons are designed to support pupils in moving with confidence from childhood through to adolescence. As part of our commitment to safeguarding and well-being, the school delivers a developmentally appropriate programme to **all pupils**, ensuring they receive clear and consistent messages about **personal safety, body awareness, and healthy relationships**.

Below is an overview of what each class will be covering during this focus week.

Infant Classes- Nursery, Reception, Year 1 and 2 (Progression Steps 1-2)		
Lesson	Topic	Statement of What Matters Curriculum For Wales
Lesson 1	NSPCC Underwear rule – keeping private parts private, using proper names for body parts.	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>
Lesson 2	Touch and the right to say 'no'.	Our decision-making impacts on the quality of our lives and the lives of others. <i>Health and Well-being WM3</i>
Lesson 3	Keeping secrets, people you can trust.	Our decision-making impacts on the quality of our lives and the lives of others <i>Health and Well-being WM3</i>
Lesson 4	Keeping clean.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>

Y3 and 4 (Progression Steps 2-3)		
Lesson	Topic	Statement of What Matters Curriculum For Wales
Lesson 1	Relationships: what makes a good friend?	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>
Lesson 2	Friendships- developing empathy.	Our decision-making impacts on the quality of our lives and the lives of others. <i>Health and Well-being WM3</i>
Lesson 3	Similarities & differences in male & female.	Developing physical health and well-being has lifelong benefits. <i>Health and Well-being WM1</i>
Lesson 4	Appropriate & Inappropriate touch.	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>
Y5 and 6 (Progression Steps 3)		
Lesson	Topic	Statement of What Matters Curriculum For Wales
Lesson 1	Friendships- understanding similarities and differences between people.	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>
Lesson 2	Physical differences at puberty include hygiene.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>
Lesson 3	Puberty- understanding puberty effects the body and emotions.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>
Lesson 4	Puberty-reproductive systems.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>

RSE Parents' Information

As a school, we are keen to support you in your role at home to allow you to an engage with the teaching and deepen the experience for your child of our *Growing Up Lessons* and if you would like to find out more about the content you can access information on our school website: [Llangan Primary School - RSE- Relationship & Sexuality Education \(llanganschool.org.uk\)](http://llanganschool.org.uk).

You can find more information about RSE in Curriculum for Wales here: [220804-rse-leaflet-en.pdf \(gov.wales\)](https://www.gov.wales) A number of the lessons are based on the NSPCC PANTS campaign, whose website also has excellent resources for parents/carers to use with their child/ren. If you would like to look at these resources, please go to: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>. If you require more information about the lessons, please see your child's class teacher.

Thank you for your support.

Kind regards,

Mr James Griffiths
Headteacher

Mis Rhiân Spiller
Health & Well-being Lead