



Heathlands Primary School and Foundation Unit

Ransom Road, Rainworth, Notts. NG21 0DJ

Executive Head Teacher: Mr S K Walker

Head of School: Mrs S Morgan

Telephone: 01623 401402

Email: office@heathlands.notts.sch.uk

Website: www.heathlandsprimary.co.uk

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Dear Parents/Carers,

I am writing this letter to inform you that in Spring Term 2, Class 2 will be looking at the RSHE unit Being Safe and Changing Adolescent Body. This will include the following objectives that can be found on our RSHE Progressive Overview. The full overview can be found on the school website: Curriculum - Year 1-6 Curriculum - Relationships, Sex and Health Education - RSHE Subject Pathway.

- List people who can support if worried and demonstrate how to ask for help.
- Understand they can say yes or no if someone asks to touch them and understand they shouldn't touch others without permission.
- Understand if people say 'no' their choice must be respected and describe what private means - Pants Rule.
- Know that private parts of the body should not be touched by others unless there are particular reasons why.
- Know when it is ok to keep secrets and when it is not.
- Describe how the body and mind reacts when it feels unsafe.
- Describe how they have changed since birth and understand the changes that happen as people grow from young to old.
- Describe how people's needs change as they grow.

You do not need to reply to this letter as all of these objectives are part of the statutory RSHE Curriculum, which is compulsory for all Primary aged children. However, if you have any questions about the details covered in these lessons, then please do not hesitate to get in touch with us.

Yours sincerely,

Mrs Blach
Class 2 Teacher



Respect



Kindness



Pride



Courage



Responsibility



Aspiration