

Heathlands Primary Academy & Pre-School
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08th May, 2026

Relationships and Sex Education workshops information

Dear Parent/Carer

Since September 2020, it has become mandatory for primary schools to teach Relationships Education and Health Education.

We use a nationwide programme called S.C.A.R.F from Coram Life Education, which provides relationships, health, wellbeing, and drugs education for children in primary schools across the U.K. The R.S.E.-specific lessons are designed to enable children to learn how to keep themselves safe and to ask for help when they need it. They learn about their bodies, including the changes that take place at puberty, and will keep them safe, so they can form healthy relationships (friendships) with others, now and in the future.

After half term we are running two workshops to give you the opportunity to understand the purpose and content of the R.S.E lessons that will be taught during the next half of the summer term. You will have the opportunity to see how the SCARF programme has been designed: see that each lesson is age-appropriate, meeting the child's needs and reflecting the child's stage of development and maturity.

The dates and timings for each session are as follows:

RSE workshop for parents of children in Reception and KS1 – Monday 18th May at 9:00am-9:45am

RSE workshop for parents of children in KS2 – Monday 18th May at 2:15pm -3:00pm

Please contact the school office to book a place.

Yours sincerely

M Walpole

Mrs M Walpole
Y1 Class Teacher & RSE Lead