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Dear Parents and Carers,

At Sapperton we are committed to supporting the emotional wellbeing, personal development, and safety of all our pupils. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

This term your child will be receiving structured lessons in Relationships and Sex Education (RSE), using our SCARF PSHE scheme.

SCARF stands for *Safety, Caring, Achievement, Resilience and Friendship*, and it provides a carefully structured, age-appropriate curriculum that supports children in developing healthy relationships, understanding their bodies, and building important life skills.

It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. The design of the programme considers the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The content of our RSE lessons is tailored to the age and developmental stage of the children. In our mixed-age classes, teaching is carefully adapted to ensure that all pupils receive appropriate learning opportunities. An overview of the learning outcomes of year groups has been outlined at the end of this letter.

All lessons are delivered in a sensitive, inclusive, and supportive environment, with opportunities for children to ask questions in a safe and appropriate way.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas. [Helping your children understand changes at puberty](#)

If further advice/support is required or you have any questions about the programme, please do not hesitate to speak to your child's class teacher.

Yours faithfully,

A handwritten signature in black ink that reads 'CPreece'.

Charlotte Preece

Class Teacher/SENDCo/ PSHE Leader

## SCARF/CORAM Curriculum

Year Group	CORAM TOPIC/ UNIT	Learning Outcomes – Children will be able to:
EYFS	'Human life stage- who will I be?' 'Where do babies come from?' 'Me and my body- boys and girls'	<ul style="list-style-type: none"> <li>• Includes explanations of marriage, civil partnerships, adoption and other family celebrations</li> <li>• Understand that babies are made by a man and a woman</li> <li>• Include discussions about breastfeeding from mother's breasts/ bottle feeding</li> <li>• Use the correct vocabulary when naming the different parts of the body</li> </ul>
Years 1 and 2	'Keeping privates private' and 'Some secrets should never be kept'	<ul style="list-style-type: none"> <li>• Identify which parts of the body are private</li> <li>• Describe ways of keeping them private</li> <li>• Identify people they can talk to about their private names</li> <li>• Know the names of private parts</li> <li>• Understand that there are unsafe secrets and secrets that are nice surprises</li> </ul>
Year 3 and 4	'My Changing Body' and 'All Change' and 'Period Positive'	<ul style="list-style-type: none"> <li>• Recognise that babies come from the joining of an egg and sperm</li> <li>• Explain what happens when an egg doesn't meet a sperm</li> <li>• Understand that for girls, periods are a normal part of puberty</li> <li>• Identify parts of the body that males and females have in common and those that are different</li> <li>• Know the correct terminology for their genitalia</li> <li>• Understand and explain why puberty happens</li> <li>• Recognise that babies come from the joining of an egg and sperm</li> <li>• Explain what happens when an egg doesn't meet a sperm</li> <li>• Understand that periods are a normal part of puberty for girls</li> <li>• Identify some of the ways they can cope better with periods</li> </ul>
Year 5	'Growing Up' and 'Changing Bodies' 'Changing bodies and feelings'	<ul style="list-style-type: none"> <li>• Know the correct words for the external sexual organs</li> <li>• Discuss some of the myths associated with puberty</li> <li>• Identify some products that they may need during puberty and why</li> <li>• A conversation around self-touch/masturbation</li> <li>• Know what menstruation is and why it happens</li> </ul>
Year 6	'Making Babies'	<ul style="list-style-type: none"> <li>• Identify the changes that happen through puberty to allow sexual reproduction to occur</li> <li>• Know a variety of ways in which sperm can fertilise the egg to create a baby</li> <li>• Know the legal age of consent and what it means</li> </ul>