

# St. Peter's Catholic Primary School

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'Christ at the  
Centre'



Head Teacher: Miss Louise Buxton

Dear Parents and Carers, Year 3

As part of our statutory 'Relationships and Health Education' curriculum, the children will be learning about some of the differences between boys' and girls' bodies in their RSHE lesson in the fortnight beginning 9<sup>th</sup> June 2025. You do not need to do anything, but I wanted you to be aware that the lesson is taking place in case any follow-up questions arise.

The lesson content for this session is outlined in more detail below.

Session	Lesson Content:	Learning Intention:
1	This session introduces the animated characters of AJ, who will reappear throughout the Lower Key Stage Two scheme of work. Children in class will also role-play the characters of Sophie and Aidan who have questions and dilemmas for AJ. In this session, children help Sophie and Aidan learn that similarities and differences can be celebrated and can benefit a community through working together. Pupils will also be given an opportunity to reflect on God's love as the foundation of our self-confidence.	Children will learn that: <ul style="list-style-type: none"><li>• Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community;</li><li>• Self-confidence arises from being loved by God (not status, etc).</li></ul>
2	In this session, we explore the importance of respecting our bodies as a gift from God in very practical ways, such as clothing, food and physical exercise. Returning to the character of AJ (on screen) and Sophie and Aidan (played by pupils), we explore problems and solutions through roleplay and discussion. Children will reflect on their bodies as a gift from God that He wants us to look after and respect.	Children will learn: <ul style="list-style-type: none"><li>• About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.</li></ul>

There are also some great online resources created by the NSPCC that further support the message that our private parts are private. The NSPCC have created an online resource for parents along with a downloadable guide should you wish to discuss and reinforce this message with your child before or after their lesson in school:

- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>
- <https://www.youtube.com/watch?v=-IL07JOGU5o&app=desktop>

Please do not hesitate to contact me if you have any questions.

Best wishes

Louise Buxton

