



Beam County Primary School
Oval Road North, Dagenham, Essex, RM10 9ED.

14th January 2026

Dear Parents/Carers,

PSHE at Beam

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

We would like to invite parents on **Tuesday 20th January at 2:15pm** to come and see the teaching materials we will be using to support children with their learning, and to answer any questions you may have.

Relationships and health education (RHE) is the statutory element of our PSHE curriculum. Below is a breakdown of **some of the lessons** within the Safety and the changing body unit, which may cover puberty and some elements of Sex Education.

Year Group	Lesson Content	Parent information
1	Distinguishing appropriate and inappropriate physical contact. Scientific names for body parts.	This is not sex education and parents cannot opt out.
2	Introduction to online safety. Naming body parts and looking at the concept of privacy.	This is not sex education and parents cannot opt out.
3	Be a responsible digital citizen. Cyberbullying, identifying unsafe digital content. Influences and making independent choices.	This is not sex education and parents cannot opt out.
4	Physical and emotional changes in puberty.	This is not sex education and parents cannot opt out.
5	Exploring the emotional and physical changes of puberty, including menstruation.	This is not sex education and parents cannot opt out.

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Headteacher: Miss T A Whittington, NPQH, BA (Hons), PGCE
Chair of Governors: Mr L Du Plooy



6	<p>The changes experienced during puberty.</p> <p>How a baby is conceived and develops. (Non-statutory).</p>	<p>If parents wish to opt out of the non-statutory lessons, they will need to write a letter to the head teacher. Please remember that the science curriculum which covers mammals and their babies, including humans is statutory and parents cannot opt out.</p>
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RHE is a statutory subject and although parents can withdraw their child from the sex education element (Year 6), we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms.

Please complete link below expressing your interest in attending

[PSHE - Parent Meeting Tuesday 20th January 2026 at 2.15 – Fill in form](#)

Thank you for your continued support

Yours sincerely,

Ms Juffs
PSHE Lead