



Kents Hill Junior School



Kents Hill Road, Benfleet Essex SS7 5PS
Telephone: 01268 792133 Facsimile: 01268 795357
e-mail: admin@kentshill-jun.essex.sch.uk

Head of Academy: Miss Joanne Parkes

24th September 2025

Dear Parent/Carers,

Re: Year 3 Health and Relationship Education

As part of your child's educational experience at Kents Hill Junior School, we are committed to promoting the health and well-being of our pupils. In an ever-changing world, children need to develop an understanding of themselves, others and their community and how we can work together in harmony. They also need to know how to maintain healthy lifestyles and relationships with others.

We have now completed planning for our weekly Health and Relationship Education topic 'Changing Me' across autumn 2. Across the term, the main topics covered will be:

- The changes that happen in humans and animals between conception and growing up
- How babies grow and develop inside the mother
- How boys and girls bodies change as they grow up and why these changes are necessary.
- Stereotypical ideas about parenting and family roles

The Department for Education has announced changes to relationships and sex education following nationwide consultation. These changes have now come into effect and all schools are required to comply with the updated requirements. At Kents Hill Junior School, we were early adopters of this update and we have already been teaching RSE (through our Health and Relationships Education) and have a comprehensive curriculum in place.

If you have any queries or concerns regarding the content, please feel free to contact me or take a look at the PSE curriculum on the school website for more details: <https://www.kentshilljuniorschool.co.uk/year-3-1/>.

Kind regards,

L Jackson

Miss L Jackson
Head of Year 3

Learning ~ Friendship ~ Safety ~ Success

At Kents Hill Junior School we are committed to safeguarding and promoting the welfare of children, and we expect all staff and volunteers to share this commitment. Designated Safeguarding Lead – Miss Joanne Parkes

Academy Trust (Registered in England) – Company Number 7804282

Reg. address: Kents Hill Junior School, Kents Hill Road, Benfleet, Essex, SS7 5PS

