



Porters Grange Primary School & Nursery

Part of the Portico Academy Trust

Principal Miss D. Henley

Vice Principal Mr E. Kyndt

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PORTICO
ACADEMY TRUST

opening doors, unlocking potential

CEO - Mrs C. Woolf

Monday 20th April 2026

Dear Parents and Carers,

Re: RSE (Relationship and Sex Education)

At Porters Grange, we aim to help our young people know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. Whilst relationships education is now compulsory in primary schools, The Department of Health also set out its ambition for all children and young people to receive high quality RSE in its Framework for Sexual Health Improvement.

To be most effective, RSE needs to start early so that children learn to talk about their feelings and relationships, and later, are prepared for puberty before it happens to them. If children can begin the transition into adulthood with the right information and the knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices.

The materials that we use in school are child friendly and age-appropriate. Our learning is centred on The Medway Public Health Directorate, Changing and Growing up resources which is being used by other schools within the Portico Academy Trust.

Within year 5, the children will be taught about the physical and emotional changes during puberty.

On **Wednesday 22nd April**, the year 5 team will be available from **3.45 – 4.15 pm** to discuss the RSE learning in year 5 and show the resources used to teach the topic. If you would like to attend, please enter the school through Reception and you will be directed to the location of the meeting.

Yours faithfully,

Year 5 team

We are a **good** school in all areas

"The school's work to promote pupils' personal development and welfare is Outstanding"



