



ALL SAINTS SCHOOL
School Road, Lessingham, Norwich, Norfolk
NR12 0DJ
01692 582083
www.allsaintslessingham.co.uk
E-mail: office@allsaintslessingham.co.uk



ACHIEVEMENT FOR ALL

Directors: Mrs R Smith and Mrs J Gardiner
Head Teacher: Mrs S Dangerfield

Tuesday 24th March 2026

Dear Parents and Carers,

After the Easter break, we will be delivering Relationships and Health education to Years 3, 4 and 5 during PSHE lessons.

Mrs R. Jones and Ms L. Wade have attended training on the latest RSHE guidance from DofE and so we will be implementing changes from this term.

Topics will include:

Year 3:

Lesson 1: What makes a good friend

Lesson 2: Falling out with friends

Year 4 and Year 5:

Lesson 1: Time to change

Lesson 2: Menstruation and wet dreams

Lesson 3: Personal hygiene

Lesson 4: Emotions and feelings

We will be following the National Curriculum, using resources provided by Norfolk County Council which are adapted for our students. All lessons will be planned and delivered with sensitivity.

As mentioned on last week's Newsletter, we are hosting a parent consultation about RSHE on 27th April at 7pm. You will receive a link for this prior to the event and this will be a chance to ask any questions and feed your thoughts back to us.

If you have any concerns or questions, please contact the school office.

Ms Czubaj

Lower Juniors Class Teacher