

Bushmead Primary School

Bushmead Road, Eaton Socon, St Neots. PE19 8BT

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Head Teacher: Mr Steve Down

Assistant Headteacher: Mrs Emma Perry

Assistant Headteacher: Miss Emma Ritchie

Friday 13th February 2026

Dear Parents/Carers,

As a part of your child's education at Bushmead Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. We are writing to let you know that next half term, Year 1 will be taking part in lessons which will focus on our bodies and how to keep ourselves clean and safe.

Lessons in Year 1 will include pupils learning about: the names of our body parts, being in charge of our own actions, keeping our body clean, different substances that enter our body (such as food and drink), coping with illnesses and feeling confident with keeping ourselves and our bodies safe.

This will include:

- using scientific names such as penis, testicles and vagina
- using the words male and female
- discussing how I can be in control of my body
- naming the parts of my body which are private
- describing how food, drink or air go into my body and into my blood
- describing how to keep myself safe with substances
- pointing out risks in a given situation
- naming people at home and at school that I could talk to if I was worried or needed help

Pupils will also have opportunities to ask questions. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

If you have any concerns, please do not hesitate to contact us,

Yours sincerely,

Miss Maw and Mrs Martin

Year 1 Teaching Team



High Expectations

High Achievements

Rich and Varied Curriculum