



**Brookfield Community Primary School**

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**Head teacher:** Miss Jill Lucas - Ba Hons QTS, NPQH

## Upcoming Changes to Relationships, Sex and Health Education (RSHE)

Dear parents/guardians,

We are writing to inform you about upcoming updates to our Relationships, Sex and Health Education (RSHE) curriculum, which will take effect from September 2026. These amendments follow the most recent national guidance and reflect our continued commitment to providing pupils with age-appropriate, inclusive, and high-quality learning that supports their wellbeing and personal development.

### What is changing?

The updated RSE content will include:

- Revised learning objectives to reflect new statutory guidance.
- Updated lessons on healthy relationships, personal safety, and digital citizenship.
- Additional age-appropriate content designed to help pupils navigate key stages of growing up with confidence and understanding.
- Clearer progression across year groups to ensure continuity and consistency.

*Our aim remains to equip pupils with the knowledge and skills they need to stay safe, respect others, and make informed, responsible choices.*

At Brookfield Primary School, we are committed to developing an approach that reflects the needs of our pupils and community, and we will continue to work closely with parents and carers as we do so.

We take great care to ensure that all lessons are appropriate for the age and maturity of our pupils. These subjects play an important role in helping children understand themselves, build healthy relationships, and prepare for the changes and challenges of growing up. They also support children's wellbeing and readiness for the next stage of their education and, ultimately, adult life.

We recognise that you, as parents and carers, have a vital role in your child's learning and development—particularly in areas covered by RSHE. We encourage open communication between home and school so that children feel confident discussing questions and ideas in a supportive and consistent environment.

### What will my child be learning about?

Your child's school has chosen to use lesson plans from Kapow Primary, an online provider of resources for primary schools. Kapow's RSE & PSHE meets all the requirements of the statutory Relationships, Sex and Health Education set out by the DfE. These lessons cover the statutory requirements and have been carefully planned to be age appropriate. They also give the opportunity





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for children to revisit topics in different year groups as it follows a spiral curriculum model, where key concepts are revisited and deepened over time, ensuring learning is age-appropriate, meaningful and secure.

Lessons across Years 1 to 6 are organised into key areas:

- **My healthy self** - learning how to look after mental and physical health and making choices that support wellbeing.
- **Connecting with others** - learning to build positive relationships, communicate with respect and understand the importance of kindness and boundaries.
- **The online world** - learning to use the internet safely, recognise risks and behave responsibly when communicating or accessing information online.
- **Citizenship** - learning how to take part in their communities, understand rules, rights and responsibilities, appreciate diversity and fairness and develop early financial literacy.
- **Staying safe** - learning how to recognise risks, respond safely in different situations and seek help when something feels wrong or unsafe.
- **Growing up** - learning about the changes that happen as they grow, including puberty and developing bodies and how to manage these changes with confidence.
- **Health protection** - learning how to prevent illness, manage basic first aid and understand how hygiene, vaccines and healthy habits help keep people well.

In Reception, RSE & PSHE learning focuses on developing the skills set out in the Early Years Framework for Personal, Social and Emotional Development. These include:

- **Self-regulation** - understanding feelings, managing emotions and beginning to control behaviour.
- **Managing self** - developing independence, resilience, understanding rules and looking after personal needs.
- **Building relationships** - learning to work and play with others, form friendships and show care for others.

Kapow Primary's Reception units are designed to support these areas through age-appropriate activities, stories and discussions, helping pupils develop the foundations they need for learning and relationships as they move through school.

### Will my child have to take part?

All the content outlined above is statutory and therefore all children should be taught it. As with any other subject teachers will ensure that the lesson is taught in a way which means children of all abilities will learn. The government is very clear that they want children with special educational needs (SEN) to be included in these lessons.

As a parent you do not have the right to withdraw your child from any of the statutory content





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on either relationships or health. You only have the right to withdraw your child from the sex education content that we choose to teach, apart from National Curriculum Science. It is recommended that you talk to your child's school about this before making a decision.

Parents and carers are sometimes concerned about the conversations children may have in RSHE lessons, but teachers have lots of ways to make sure children are safe in these lessons. For example, they will have ground rules to make sure children feel confident to share their ideas; they will use things like puppets and stories, so children are discussing a made-up characters' experiences rather than their own. They also know the children in their class well and will have a sense of their needs and what they teach will be age appropriate.

It is important to balance what children know already and to prepare them for the future. Discussing issues in the safe learning environment of the classroom before they experience them in real life is very valuable for children.

We will be very happy to share more information with you on how they approach these topics.

Thank you for your continued support as we work together to provide the best possible education for all our pupils.

Mrs Pritchard  
PSHE & RSE Subject Leader

