

7<sup>th</sup> January 2025

Dear Parents / Carers,

As part of the national curriculum your child will be taught Relationships Sex and Health Education (RSHE). We want to make sure that young people understand what healthy relationships look like and how to navigate their personal lives in a positive, safe and healthy way.

Here is the statutory [relationships, sex and health education](#) (RSHE) curriculum. We regularly review the RSHE guidance to make sure it's relevant, safe and effective. We have attached our curriculum in which we use Kapow to teach RSHE. We want to be transparent and open about what your child will be taught during these weekly lessons.

Below is an outline of what you need to know about RSHE.

### **What is RSHE?**

Since September 2020, Relationships Education has been compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) for all pupils receiving secondary education. Health Education is now compulsory in all schools too.

- In [primary schools](#), the subjects should put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

The [relationships, sex and health education guidance](#) sets out the legal duties schools must comply with when teaching RSE and RSHE, as well as setting out some more detailed expectations of school, including teaching these subjects in an age appropriate way.

### **Why it's important**

Children and young people are growing up in an increasingly complex world and they need to know how to be safe and healthy. RSHE helps them embrace the challenges of creating a happy and successful adult life. These subjects support children and young people to develop healthy relationships, and to keep themselves and others safe, both on and offline.

RSHE should be a key pillar in any school's plan for creating an inclusive, safe and respectful school environment where bullying, sexual violence or sexual harassment is not tolerated.



"They will soar on wings like eagles"



*Nurture. Respect. Responsible. Community.  
Compassion. Courage.*



It also provides pupils with the knowledge that will enable them to make informed decisions about their wellbeing.

### **What topics does RSHE cover?**

The [RSHE curriculum is set out in detail in our statutory guidance](#).

### **Primary School**

At primary school relationships education teaches children a wealth of information about healthy relationships, including how to communicate their own boundaries and recognise the boundaries of others, staying safe online, and the differences between appropriate and inappropriate or unsafe contact. We strongly encourage schools to include the teaching of different family models and same-sex relationships. Health education should include puberty, including menstruation, and this should as far as possible be addressed before onset. It also focuses on teaching the characteristics of good physical health and mental wellbeing, and teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health.

### **Is it mandatory to teach RSHE?**

Yes, it is mandatory for RSHE to be taught in all schools. We expect all schools to teach relationships and health education to primary age pupils. Primary schools may also teach sex education where appropriate. All schools must have in place a written policy for Relationships Education and RSE and consult parents in developing and reviewing their policy and we have attached ours to this letter. Schools should also ensure that the policy meets the needs of pupils and parents and reflects the community they serve.

### **What if I do not want my child to take part in RSE lessons?**

Parents with concerns should speak to their headteacher and schools should listen to these views. However, parental consultation does not amount to a veto on curriculum content.

Parents will have a right to request that their child is withdrawn from sex education, but not from Relationships Education. This must be made in writing to the Headteacher.

As always, we have an open-door policy and are happy to talk through any worries, questions or concerns.

Best wishes,

**Miss Richardson**  
**Headteacher**