



Headteacher: Michael Dillon

BEd (Hons) MA

Thursday, 19 March 2026

Relationships and Sex Education (RSE) and Health Education

Dear Parents and Carers,

The government has introduced new Relationships and Sex Education (RSE) and Health Education guidance, that we're required to follow from **1 September 2026**.

Because of this, we're reviewing our curriculum and policy, so we can be sure our provision is appropriate for our pupils based on their:

- Age and development stage
- Physical and emotional maturity
- Religious and cultural background
- Special educational needs and disabilities (SEND)

We need your feedback to help us do this.

Here's how you can help:

We're holding a meeting on 9.15-10.15am Wednesday 25th March. If you'd like to attend, please complete the online form by the end of the day on Friday 20th March.

[Relationships and Sex Education \(RSE\) and Health Education – Fill out form](#)

We will answer your questions, explain our approach and show you some of the resources we will use.

This session should take no more than 1 hour and will take place at school. Please sign in at Reception.

To help you understand the requirements for RSHE we need to meet, please take a look at the enclosed summary of what all pupils are expected to know by the end of primary school. If you're joining a focus group, please read this before the meeting.

Thank you for your time.

Yours sincerely,

Micheal Dillon



Relationships and Sex Education (RSE) – What Your Child Will Learn

In primary schools, Relationships Education and Health Education are compulsory, while sex education is not compulsory. Our teaching is age-appropriate and focuses on relationships, safety, and wellbeing.

Below is an overview of what children learn by Key Stage.

KEY STAGE 1 (Years 1–2 | Ages 5–7)

Families and Care

- What families are and that families care for one another
- That families can look different
- Who looks after them and keeps them safe

Friendships

- How to be kind, share, and take turns
- How friendships make us feel happy and secure
- How to ask for help when they feel upset

Respect and Behaviour

- Using kind words and actions
- Understanding how behaviour affects others
- Knowing what bullying is and how to tell an adult

Being Safe

- That their body belongs to them
- Appropriate and inappropriate touch taught sensitively
- How to say “no” and tell a trusted adult if something feels wrong



Online Safety

- That people communicate online
- Asking an adult before using the internet
- What to do if something online worries them

KEY STAGE 2 (Years 3–6 | Ages 7–11)

Families and Relationships

- What makes a healthy family relationship
- That relationships can change over time
- Understanding marriage as a commitment
- Respecting different family structures

Friendships

- How to develop and maintain healthy friendships
- How to resolve disagreements respectfully
- Understanding peer pressure

Respectful Relationships

- Respect, fairness, and equality
- Understanding stereotypes
- Bullying and discrimination, including online
- Permission and consent in everyday situations

Online Relationships and Safety

- That people online may not be who they say they are
- Keeping personal information safe
- Recognising and reporting harmful content

Being Safe



- Understanding boundaries and privacy
- Recognising unsafe situations
- Knowing how to get help

Puberty and Growing Up (usually Years 5–6)

- Physical and emotional changes during puberty
- Menstruation and basic hygiene
- Managing emotions and seeking support

Sex education (such as conception) is not compulsory in primary school. Parents will be informed in advance if this is taught.

