



Dear Parents/Carers,

At Hensingham Primary School, we are committed to promoting pupils' wellbeing through our PSHE programme, including Relationships, Sex and Health Education (RSHE), helping them develop the knowledge and skills to live healthy, safe and fulfilling lives.

Following updated guidance from the Department for Education (DfE) effective from September 2026, all schools are required to deliver a carefully sequenced and age-appropriate programme of Relationships Education, Health Education, and elements of Sex Education. The updated guidance places a particular emphasis on safeguarding, pupil wellbeing, respectful relationships, and helping children navigate an increasingly complex and digital world safely and responsibly. For more information, please visit our school website where you can view our PSHE and RSHE policies and curriculum overview and further guidance for parents.

#### What does the guidance mean?

The curriculum focuses on:

- Building and maintaining healthy, respectful relationships
- Online safety, including understanding digital risks and responsible behaviour
- Physical and mental health and wellbeing
- Recognising and responding to risk, harm, and unsafe situations
- Developing resilience, confidence and emotional literacy

Pupils will learn about the emotional, social and physical aspects of growing up in a way that is appropriate to their age and stage of development. The aim is to equip them with accurate information, essential life skills and positive values to support their wellbeing and safety. All content is delivered in a carefully structured and age-appropriate way, in line with the latest statutory expectations, and is responsive to the needs of all pupils.

#### How is this delivered?

Our PSHE/RSHE curriculum is taught across all year groups using an accredited curriculum scheme, [KAPOW](#).

- Lessons are taught within a safe, inclusive and supportive learning environment
- Teaching is underpinned by our school values and ethos
- Pupils are given opportunities to ask questions and explore topics sensitively
- Staff are trained to deliver content in line with the 2026 DfE guidance, ensuring clarity, safeguarding, and appropriateness

Can I withdraw my child from Sex Education?

Parents and carers have the right to request withdrawal from some or all of the non-statutory Sex Education elements of the curriculum. Further information about withdrawal procedures is available via the school office or on our website.

Please note:

- Relationships Education and Health Education are statutory and children cannot be withdrawn from these elements.
- The curriculum is designed to ensure children receive the knowledge they need to stay safe and healthy.

What if I have questions or feedback?

We value partnership with parents and carers. If you would like to find out more about what your child will be learning, view resources, provide feedback on our curriculum or policy, please contact the school office or write directly to the Headteacher.

Thank you for your continued support.

**Please confirm below that you have read and understood this consultation letter:**

[Revised RSE & PSHE curriculum for 2026](#)