

Updated Parent Consultation Letter – RSE (Aligned to New Policy, Kapow & DfE 2025/2026 Guidance)

Dear Families,

As part of your child's educational experience at Holy Trinity C of E Primary School, we are committed to promoting personal wellbeing and development through a high-quality programme of Personal, Social, Health and Economic (PSHE) education, which includes statutory Relationships and Health Education (RHE) and our school's Relationships and Sex Education (RSE) provision. Our curriculum aims to equip all pupils with the knowledge, understanding, attitudes and practical skills they need to live healthy, safe, responsible and fulfilling lives—both now and as they grow.

The Department for Education's *updated statutory guidance for Relationships Education, RSE and Health Education (July 2025)* will become mandatory for all schools from September 2026, and our school is preparing accordingly. This guidance strengthens expectations in areas such as online safety, consent, positive relationships, safeguarding, puberty, mental health, and the use of correct scientific terminology.

Our full RSE Policy—approved by governors in October 2025—sets out how we deliver this curriculum in line with the expectations of a Church of England school, following the Church of England Charter for faith-sensitive and inclusive RSE. Teaching is rooted in our Christian values, emphasising dignity, respect, responsibility and understanding of self and others.

What is Relationships Education?

Relationships Education focuses on helping children understand:

- The characteristics of healthy friendships and family relationships
- Kindness, honesty, boundaries, respect and personal space
- Permission-seeking and permission-giving
- How to keep themselves safe, including online
- How to recognise and report concerns
- The importance of respectful, inclusive relationships within a diverse society

This curriculum supports children emotionally, socially and physically as they grow, enabling them to develop resilience, confidence and an age-appropriate awareness of the world around them.

Our Reviewed RSE Curriculum

We have updated our RSE curriculum to ensure it:

- Meets statutory requirements
- Reflects pupils' age, physical and emotional maturity
- Respects our children's religious and cultural backgrounds
- Is inclusive of SEND learners
- Aligns with our Christian values and wider school ethos
- Prepares children to stay safe, healthy and confident in their relationships

Our teaching is delivered using Kapow Primary's PSHE/RSE curriculum, a carefully structured, spiral programme that revisits key themes with increasing depth and maturity. The Kapow curriculum is fully aligned with the DfE's new 2025/2026 statutory requirements and includes clear guidance for teachers on vocabulary, safeguarding and sensitive topics.

As stated in our RSE Policy, Sex Education in our school is limited to two Year 6 lessons (Conception, and Pregnancy & Birth), which go beyond the statutory science curriculum. Parents retain the right to request their child's withdrawal from these two lessons only.

Why RSE is Important

Research consistently shows that high-quality RSE:

- Supports good mental health and wellbeing
- Helps children understand their changing bodies before puberty happens
- Equips pupils to recognise safe and unsafe situations
- Reduces the risk of abuse by giving children accurate language and confidence
- Promotes respectful, healthy relationships
- Improves long-term academic and personal outcomes

Our approach ensures pupils learn factual, age-appropriate information that supports their safety and personal development.

Working in Partnership with Parents

As always, we value our partnership with parents and carers. While the school is required to teach the statutory curriculum, we recognise the importance of working collaboratively so families feel informed, reassured and confident about what is taught and when.

To support this, our school website includes:

- A summary of what all pupils should know by the end of primary school
- A parent FAQ sheet
- Our approved RSE Policy (October 2025)
- Yearly PSHE and RSE Roadmap and curriculum overviews
- Information about Kapow Primary's RSE and PSHE curriculum

We strongly encourage you to read these materials to support your understanding of the RSE curriculum.

Invitation to Consultation

As part of our policy review cycle, we welcome your views on:

- Our RSE curriculum and implementation
- How and when specific content is taught
- Any questions or comments you may have

If you would like to share feedback, please email school@htp.tamat.org.uk and mark your message *FAO: RSE Consultation*.

All feedback received will be considered carefully before the policy is finalised for the next review point in July 2026, in line with the updated Kapow curriculum and statutory expectations.

If you have any questions, would like to discuss the curriculum, or wish to view resources in advance, please do not hesitate to contact us. We appreciate your support as we work together to nurture, inspire and empower your children within our caring Christian community.

Yours sincerely,

Mrs Ambrose

Headteacher

Holy Trinity C of E Primary School