



15th May 2026

Dear Parents and Carers,

We are writing to inform you about updates to our PSHE (Personal, Social, Health and Economic Education), including Relationships and Sex Education (RSHE), policy.

In line with **current statutory guidance**, we have **reviewed and updated our RSHE policy** to ensure it continues to meet legal requirements and supports pupils' wellbeing, safety and personal development. RSHE helps children to build healthy relationships, understand their emotions, stay safe, and look after their physical and mental health, all in an age-appropriate and sensitive way. Our PSHE and RSHE curriculum is delivered using the **Jigsaw** programme, a structured and age-appropriate approach that supports children's wellbeing and personal development.

We recognise that parents and carers are the most important educators in children's lives, and we are committed to **working in partnership** with you. RSHE teaching is carefully sequenced so that learning builds gradually year on year, ensuring children receive the right information at the right time. What is taught to younger children is very different from what is taught in later primary years.

As part of this curriculum, **Sex Education is taught in Years 5 and 6**. This content focuses on conception and birth and is delivered in an age-appropriate manner. Parents have the right to withdraw their child from these specific lessons if they wish. We will always inform parents in advance of when this content is taught and explain the process for requesting withdrawal.

We would also like to clarify that **puberty is part of Health Education, not Sex Education**. As a statutory element of the curriculum, this content is required and parents are not able to withdraw their child from puberty lessons. This learning is taught sensitively and helps children understand and manage the physical and emotional changes they may experience as they grow.

To further support transparency and partnership, we will also be **sending home a Knowledge Organiser for your child's year group for each half term's RSHE learning**. These outline the key themes, vocabulary and learning objectives and are designed to support understanding and conversations at home. We will begin this with the **Healthy Me** unit this half term.

Parents and carers can also request to view RSHE teaching materials through the **Parent Portal**, which is available to all parents on request. Please speak to your child's teacher, who can generate a link to access the Jigsaw Portal online.

In addition, we will be sharing a **Microsoft form** to give parents and carers the opportunity to share their views, ask questions, and provide feedback on the draft PSHE including RSE policy. All feedback will be considered as part of the consultation process before the policy is finalised.

Thank you for your continued support and for working with us to ensure our RSHE provision is inclusive, age-appropriate and supportive of all pupils.

Yours Sincerely

Lawrence Woodward
Headteacher
St Clement's and St John's CE Infant School