



William Reynolds Primary School and Nursery
Challenge · Honesty · Ownership · Courage · Collaboration



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Headteacher: Miss Jasmin Taylor

Chair of Governors: Mrs Jane Tranter

Wednesday 9th April 2025

Dear Parents and Carers,

Since the academic year 2020-2021, all primary schools in England have been required to teach Relationships and Health Education (RSHE). The government has provided clear guidance on what children should learn by the end of primary school. As part of our commitment to fulfilling these requirements, we updated our curriculum last academic year by adopting the Kapow PSHE/RSHE scheme of work. This ensures we are fully aligned with the statutory guidance set by the Department for Education (DfE).

To support this transition, Miss Taylor and I hosted a session where we invited parents and carers to learn more about the RSHE curriculum and the changes it brought. This letter serves as a reminder of this and to further highlight the importance of RSHE for your child's learning and development.

The curriculum

Each academic year, children revisit topics to help them deepen their understanding and see things from a more mature perspective. The overall goal is to empower children to make informed choices and decisions as they grow.

The PSHE/RSHE curriculum is divided into three main themes:

- **Families and Relationships**
- **Health and Wellbeing**
- **Safety and the Changing Body**

Below is a summary of the key areas covered within each theme:

Families and Relationships

- Forming and maintaining friendships
- The importance of family
- Different types of families
- Dealing with problems in friendships
- Online relationships and staying safe
- Stereotyping



"To be the best that we can be"



Health and Wellbeing

- Mental health and wellbeing
- Healthy eating
- Physical activity
- Dental health
- The importance of sleep
- Medicines, tobacco, and alcohol
- First aid

Safety and the Changing Body

- Online safety
- Safety around adults
- Understanding their body
- Physical and emotional changes during puberty
- Asking for help when needed

All content outlined above is statutory, meaning that all children must be taught it. As with any subject, teachers will ensure that lessons are delivered in a way that is accessible to children of all abilities. The government is clear in its guidance that children with special educational needs and disabilities (SEND) should be included in these lessons.

As a parent, you do **not** have the right to withdraw your child from any statutory content related to relationships or health education. However, you do have the option to withdraw your child from certain parts of sex education in the Year 6 curriculum, excluding National Curriculum Science. This includes a small section on conception and a full lesson on pregnancy and birth. We encourage you to discuss any concerns with us before making a final decision on this matter.

We understand that some parents may have concerns or questions about RSHE lessons. We want to assure you that teachers are well-trained to ensure that these lessons are conducted in a safe and supportive environment. These lessons are designed to help children navigate their current experiences while preparing them for the future. It is crucial that children feel comfortable discussing their learning both at school and at home. We encourage open communication between parents and school to ensure that your child's educational experience is positive and enriching.

I am working on updating the school website to reflect these changes. Please bear with me whilst I do so.

I'd like to take this opportunity to thank you for your continued support as we work together to provide the best education for your child.

Yours sincerely,
Miss Emma Shankland
SENDCo/DSL