



13th April 2026

Dear Parents / Carers,

In line with the government's Relationships and Sex Education (RSE) and Health Education guidance, we will be delivering the PSHE '**Changing Me**' unit of work during Summer Term 2. This unit is part of our whole-school PSHE programme, *Jigsaw PSHE*, and includes the mandatory Health Education content outlined by the Department for Education (DfE). A copy of this guidance can be found on the school website.

The DfE has now completed its review of the RSE and Health Education curriculum, with updated statutory guidance due for full implementation from **September 2026**. Our school will begin aligning our curriculum with these updated expectations from **September**.

Teaching of Puberty Content

As we transition towards the updated guidelines, we would like to inform you that **we will not be teaching puberty content in Years 1, 2 or 3**. Puberty forms part of statutory Health Education and will continue to be taught at an age-appropriate stage later in primary school. From September, this will be delivered in line with the updated national requirements.

Health Education Requirements

Health Education remains a statutory subject, and pupils cannot be withdrawn from these lessons. From Year 1 onwards, pupils are taught the correct scientific names for body parts to support accurate understanding and safeguarding. This learning continues to form an important foundation for later units.

Further information about what will be taught can be found in the PSHE section of the school website. If you have any questions, please contact Mrs. Whitehurst.

Kind regards,

T. Whitehurst

Mrs. T. Whitehurst
Assistant Headteacher
(Curriculum, Pupil Premium and Pastoral Lead)



