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Dear Parent/Carer,

Department for Education (DfE) statutory requirements for Relationships and Health Education and Consultation on our Personal, Social, Health and Economic (PSHE) Education and Relationships, Sex (RSE) and Health Education Policy

At Glenfield Infant School, we are committed to supporting every child's personal development, wellbeing and safety through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education equips children with the knowledge, understanding, strategies and practical skills they need to lead safe, healthy and fulfilling lives, both now and in the future. Our PSHE curriculum is delivered through dedicated lessons, assemblies and wider school experiences. Relationships, Sex and Health Education (RSHE) forms an important part of our PSHE curriculum and is a statutory requirement in all primary and secondary schools. Through RSHE, children learn about healthy, respectful relationships in all contexts, including online, enabling them to make informed choices and develop positive relationships throughout their lives.

From September 2026, schools are required to teach the 2025 revised guidance for Relationships and Health Education. The DfE also strongly encourages **primary** schools to deliver sex education in **years 5 and/or 6** to help prepare children for their transition to secondary school.

This updated guidance gives a stronger focus on developing skills, as well as knowledge, particularly in navigating a complex, digital world safely and healthily. The guidance recognises there isn't a one-size-fits-all approach, and that flexibility will help schools to meet the needs of their pupils best.

The guidance has been strengthened with a focus on supporting boys to develop a positive sense of masculinity, benefiting both boys and girls by ensuring harmful stereotypes are challenged, thus improving boys' mental health by enabling emotional expression and promoting help-seeking behaviours.

This will go some way to supporting children to develop positive relationships, including skills for navigating boundaries with kindness and respect, to put in the early preventative work to tackle sexual violence and abusive behaviour.

Schools continue to be bound by the statutory guidance from 2019, and have had until September 2026 to adapt their curricula to reflect this new guidance. They can start following it from September this year if they wish to.

At our school we are using the leading children's health and wellbeing charity, Coram SCARF to support us in meeting these legal requirements. We do this in a two ways:

- A visit from a trained educator who will deliver aspects of the Relationships Education and Health Education programme
- Using Coram SCARF's online teaching resources.



*All about
the child*

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More information about Coram SCARF and their resources can be found on their website:

<http://www.coramscarf.org.uk/>

Coram SCARF introduces learning in age-appropriate ways with a clear progression. Of course, as an Infant School, we only cover content up to Year 2 and do not go beyond this. The power of introducing learning gradually from an early stage harnesses the power of early education being a tool for preventing later harm.

Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be. Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life. This updated guidance stipulates that puberty education including menstruation must start at eight years old to help children understand what to expect and avoid distress. **Whilst these examples do not directly affect the education your child will receive at Glenfield Infant School, they are useful examples of why learning is paced as it is.**

We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely online, they are better able to enjoy their friendships and therefore focus more at school.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. Research on quality Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team consistently shows that men and women who reported that *lessons at school were their main source of information about sex* were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

You and your child have the opportunity to give us valuable feedback regarding the programme; we use pupil voice to conduct evaluations with the children following teaching and would now like to consult with you as parents and carers to gain your views to support our policy and curriculum development.

Consultation Process

The consultation provides an opportunity for you to:

- understand the curriculum content, including any external resources we may use
- ask questions and raise concerns
- share your views before we finalise our RSHE curriculum and policy

We want all families to feel informed, reassured and included throughout this process.



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Consultation Timeline

The consultation period will run from: **Friday 9th October 2026 to Friday 23rd October 2026**

Please view the full suite of consultation documents on our dedicated webpage [click here](#) To provide your feedback, please fill in the attached Microsoft Form: [click here](#)

We welcome all feedback and value your perspectives; it is important to note however that the updated guidance makes clear that parents cannot withdraw children from curriculum content that is statutory. However, your views will help us refine how we teach RSHE and how we communicate with families throughout the year.

If further advice or support is required, or if you have any questions about the programme or would like to view the resources, please don't hesitate to speak to your child's class teacher, myself or Marie Bishop, Deputy Headteacher.

Yours sincerely

Clare Clifford
Headteacher