

Dear Parent or Carer,

You are invited to our PSHE (Personal, Social, Health Education) **Curriculum Review Meeting WEDNESDAY 3RD JUNE AT 2:30PM**

At Harrow Gate we care deeply about your child's happiness, safety and wellbeing. We want all children to grow, learn and feel confident at school and beyond.

Why are we reviewing PSHE?

PSHE helps children learn about:

- Feelings and emotions
- Friendships and relationships
- Keeping healthy and safe
- Understanding the world around them

The Government has shared new guidance for teaching **Relationships, Sex and Health Education**. Schools must use this from **September 2026**.

This gives us a good chance to check our PSHE lessons, update them where needed, and make sure they are right for our children and families.

How do we teach PSHE at our school?

We use a programme called **Jigsaw**. It is a well-trusted and age-appropriate way of teaching PSHE.

Jigsaw is split into **six parts**, taught across the year:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me



Lessons build up slowly as children grow. They help children:

- Understand their feelings
- Feel good about themselves
- Stay strong when things feel hard
- Learn how to make kind and healthy relationships

The new guidance fits well with Jigsaw. We are **not making big changes**, but we are checking that what we teach reflects the world children are growing up in today

We want to hear from you

We invite you to come along to our meeting so you can:

- Learn more about PSHE and Jigsaw
- See examples of the books and resources we use
- Understand how lessons are taught in different year groups
- Learn how we meet the law for Relationships and Health Education
- Ask questions and share your thoughts

- Give feedback to help us make good choices
- Learn about your right to ask for withdrawal from some non-statutory Sex Education lessons

Working together

PSHE works best when schools and families work as a team. Your views matter to us, and your child is always at the centre of what we do.

We hope you can join us and share your thoughts.

We look forward to seeing you.