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Cross Road, Middlestown, Wakefield, WF4 4QE

Principal: Mrs H Young

Dear Parents and Carers,

Relationships and Sex Education (RSE) and Health Education

RSHE helps children develop the **knowledge, confidence and skills** to build healthy relationships, look after their wellbeing and make safe choices in everyday life and online. It promotes important values such as **kindness, respect, resilience and honesty**, while helping children recognise when something may not be right and know how to seek help.

Relationships Education and Health Education is **compulsory** for all pupils in primary education. We believe **home and school working together** is key to helping children learn about healthy relationships, friendships, family life, online safety and looking after their health.

In school, RSE topics will be taught within our Personal Social and Health Education (PSHE) curriculum. This programme of work covers the following statutory components of the new Relationships and Sex Education (RSE) and Health Education guidance 2026:

Relationships:

- Families and People who Care for Me
- Caring Friendships
- Respectful, Kind Relationships
- Online Safety and Awareness
- Being Safe

Health and Well-being:

- General Wellbeing
- Wellbeing Online
- Physical Health and Fitness
- Healthy Eating
- Drugs, Alcohol, Tobacco and Vaping -Y5/Y6
- Health Protection and Prevention
- Personal Safety
- Basic First Aid
- Developing Bodies

This content is taught in a manner, **appropriate to their age and understanding** and builds year on year. In a supportive environment, teachers use a structure of **Tell, Talk and Translate to Real Life** to help children develop important knowledge and skills.

As a school community, we have a duty to ensure that we follow the **statutory guidelines** set out by the DfE and we are committed to working in partnership with yourselves.

RSE is **statutory**, therefore the DfE states that parents do not have the right to withdraw their child from any Relationships and Health Education. Parents have the right to withdraw their children from non-statutory components of Sex Education within RSE, but not as part of the Science curriculum.

Requests for withdrawal should be put in writing and addressed to the Headteacher. **Notification of any sex education lessons is always sent to parents in advance.**

If you would like to find out more, discuss concerns or give feedback on the RSE policy and teaching in school, please email info@middlestownprimary.com.

Yours sincerely,

Mrs L Williams
PSHE Leader