

Relationships, Sex and Health Education (RSHE)

Information for Parents and Carers

September 2026

At Magdalen Primary School, we are committed to ensuring that all children grow up healthy, safe, happy and prepared for life in modern Britain.

Relationships, Sex and Health Education (RSHE) forms an important part of our Personal, Social, Health and Economic (PSHE) curriculum and is taught through our Jigsaw PSHE programme, enhanced by Lyfta Storyworlds and other high-quality resources.

The Department for Education's updated statutory RSHE guidance became mandatory from September 2026 and has strengthened a number of key areas of learning to reflect the changing world in which children are growing up.

Why Do We Teach RSHE?

RSHE helps children develop the knowledge, skills and understanding they need to:

- Build positive and respectful relationships
- Understand and manage their emotions
- Stay physically and mentally healthy
- Keep themselves safe both online and offline
- Recognise when something is wrong and know how to seek help
- Respect differences and celebrate diversity
- Become responsible members of society

Our teaching is always age-appropriate, inclusive and delivered in a safe and supportive environment.

What Will Children Learn?

Relationships Education

Children learn about:

Families and People Who Care For Me

Children learn that families come in many different forms, including:

- Married parents
- Single parents

- Adoptive families
- Foster families
- Grandparent carers
- Same-sex parents
- Blended families

Our curriculum promotes respect and inclusion for all families.

Caring Friendships

Children learn:

- How to make and maintain friendships
- Kindness and empathy
- Conflict resolution
- Trust and loyalty
- How to recognise unhealthy friendships

Respectful Relationships

Children learn:

- Respect for themselves and others
- Good manners and courtesy
- Equality and inclusion
- Challenging stereotypes
- Understanding personal boundaries
- Permission and consent in age-appropriate contexts

Online Relationships

Children learn:

- Safe online communication
- Respectful behaviour online
- Recognising unsafe interactions
- Reporting concerns
- Understanding digital footprints

Being Safe

Children learn:

- How to recognise unsafe situations
- Body safety and personal boundaries
- Correct anatomical vocabulary for safeguarding
- Trusted adults and sources of support
- How to seek help confidently

Health Education

Mental Wellbeing

Children learn:

- Emotional literacy
- Self-awareness
- Emotional regulation
- Resilience
- Coping strategies
- Managing worries and anxiety
- How and when to seek support

The 2026 guidance places a greater emphasis on helping children understand that emotions such as worry, sadness and disappointment are normal experiences and on developing effective coping strategies.

Physical Health and Wellbeing

Children learn:

- Healthy lifestyles
- Physical activity
- Sleep and rest
- Healthy eating
- Personal hygiene
- Dental health
- Health prevention

Basic First Aid

Children are taught:

- How to respond in emergencies
- When and how to call 999
- Basic first aid principles
- How to seek help for themselves and others

Online Safety and Digital Citizenship

One of the most significant developments within the 2026 RSHE guidance is the increased focus on online safety.

Children will learn about:

Online Risks

- Scams and online fraud
- Fake accounts
- Gaming monetisation
- Manipulative online content
- Harmful online behaviour
- Misinformation and disinformation

Privacy and Personal Data

- What personal information is
- Why privacy matters
- Data sharing
- Location settings
- Password security
- Online consent

Emerging Technologies

Children will develop an age-appropriate understanding of:

- Artificial Intelligence (AI)
- Deepfakes
- Digitally altered images and videos

- Critical thinking online

Personal Safety

The updated guidance strengthens teaching about personal safety.

Children learn how to stay safe:

- Near roads
- Around water
- Near railways
- Around fire hazards
- In their local community
- Online

Children are encouraged to recognise risks, make informed choices and seek help when needed.

Growing and Changing

As children move through primary school, they learn about:

- Human development
- Growing up
- Puberty (Years 5 and 6)
- Physical and emotional changes
- Personal hygiene

In line with national safeguarding expectations, children are taught the correct names for body parts in an age-appropriate way.

Inclusion and Equality

At Magdalen Primary School we promote:

- Respect for all people
- Equality of opportunity
- Understanding differences
- Challenging prejudice and stereotypes

- Positive relationships

Our curriculum reflects the diversity of modern Britain and helps all children feel valued and represented.

Partnership with Parents

We believe parents and carers are children's first educators and we value the role families play in supporting RSHE.

We are committed to:

- Sharing RSHE information openly
- Providing access to curriculum information
- Making policies available on our website
- Responding to questions and concerns
- Working in partnership with families

Parent Rights

Relationships Education and Health Education are statutory subjects and parents do not have the right to withdraw their child from these lessons.

Primary schools may choose to teach additional Sex Education content. Where this occurs, parents have the right to request withdrawal from those specific lessons.

There is no right to withdraw from the statutory National Curriculum Science programme.

Our RSHE Curriculum

At Magdalen Primary School, RSHE is delivered through:

- Jigsaw PSHE
- Lyfta Storyworlds
- Class discussions
- Assemblies
- Online safety activities
- Cross-curricular learning opportunities

The curriculum is carefully planned to ensure learning is progressive and appropriate for each year group.

Your Rights as a Parent or Carer

We recognise that parents and carers are a child's first and most important educators. The lessons children learn at home about relationships, health, wellbeing, safety and values are respected and supported through our RSHE curriculum.

The Department for Education's updated statutory RSHE guidance (effective from September 2026) places a strong emphasis on schools working in partnership with families. We are committed to maintaining open communication with parents and carers about what is taught and when.

We will:

- Publish our RSHE Policy on the school website.
- Consult with parents when reviewing our RSHE provision.
- Share information about curriculum content and progression across year groups.
- Make teaching materials available for parents to view where appropriate.
- Provide opportunities for parents to discuss any questions or concerns about RSHE.

Parents and carers are encouraged to share their views during consultation periods. These views help us ensure that our curriculum meets the needs of our school community whilst fulfilling statutory requirements.

Right to Withdraw

Relationships Education and Health Education are statutory subjects, and parents do not have the right to withdraw their child from these lessons.

Primary schools may choose to teach additional Sex Education content beyond the National Curriculum for Science. Parents have the right to request that their child be withdrawn from these specific lessons. Requests should be discussed with the Headteacher.

There is no right to withdraw children from the National Curriculum Science content, including those aspects related to human development and reproduction.

Further Information

If you would like further information about RSHE at Magdalen Primary School, please contact: emma.orriss@magdalen.laat.co.uk

Mrs Emma Orriss
PSHE & RSHE Subject Leader

or speak to the school office to arrange an appointment.

You can also view:

- Our RSHE Policy

- PSHE Curriculum Overview
- Jigsaw PSHE Progression Documents
- Supporting resources and parent guidance on the school website.