



3rd September 2026

Dear Parents and Carers,

Updated RHE Policy

We are writing to inform you that our Relationships, Health and Sex Education (RHSE) Policy has been reviewed and updated in line with the Department for Education's most recent statutory guidance.

The core aims of our RHSE curriculum remain unchanged. The curriculum continues to focus on keeping children safe, healthy and well-informed, while teaching age-appropriate knowledge and skills that support positive relationships and personal wellbeing.

Summary of Key Changes

The main updates to the policy include:

- Additional curriculum content has been included to reflect updated national guidance.
- A new section explaining how children are taught about the law in an age-appropriate way, including:
 - Protected characteristics under the Equality Act 2010
 - Age restrictions on social media and gaming
 - Why bullying and harassment are unacceptable
 - Children's rights and adults' responsibilities to keep them safe.
- Expanded guidance on teaching about different family structures, ensuring all children and families feel represented and valued within our curriculum.
- New information about menstrual wellbeing, including:
 - Teaching children appropriate vocabulary related to menstruation
 - Support available in school
 - Access to period products through the pastoral team.
- Additional information explaining how RHSE is adapted to meet the needs of pupils with SEND.
- Clearer guidance for staff on responding to children's questions and signposting them to appropriate sources of support.

Teaching About Menstruation

The updated DfE guidance states that teaching about the menstrual cycle should take place **before the onset of menstruation**. The guidance recognises that, whilst the average age for menstruation is around 12, it can begin from **age 8**.

As a result, the school is planning to teach girls about the menstrual cycle in **Year 4**, ensuring that pupils receive this information before they may experience these changes themselves.

If you feel strongly that this learning should be delivered at an earlier age, please contact the school so that we can consider parental feedback as part of our ongoing curriculum review.

Parent Drop-Ins

If Parents or Carers have any questions or feedback, we would like to invite them to visit the school to discuss these with a Senior Leader at the following times.

Explorers (Nursery/Reception) Parents

Monday 7th September

8.45am to 9.05am

Pioneers (Year 3-4) Parents

Wednesday 9th September

8.45am to 9.05am

Trailblazers (Year 5-6) Parents

Thursday 10th September

8.45am to 9.05am

Adventurers (Year 1-2) Parents

Monday 14th September

8.45am to 9.05am

Sharing lesson content

We will be hosting parent meetings with each individual year group to share all of the content that your children will be taught. These will be hosted in the Summer term, before any of the content will be taught. Parents of Year 6 children will have the opportunity to withdraw from specific lessons at this point.

Thank you for your continued support.

Kind regards,



David Hodges
Head of School