

Monday 29th June 2026

Dear Parents and Carers,

As you may remember from our previous letters sent out at this time of year, the Department for Education made changes to relationships, sex and health education in 2020.

The main change was that RSHE, or PSHE (physical, social and health education) as it is also known, has largely become a compulsory subject, so it is now part of the national curriculum which all schools need to follow. However, the sex education element at primary school is not compulsory.

Like our PSHE curriculum, RSHE including the non-statutory sex education elements, will be taught using the Jigsaw resources. These lessons take place in the last week of the summer term each year. The lessons are part of a wider programme of personal social and health education which includes lessons throughout the year on topics such as anti-bullying, healthy friendships, keeping our bodies fit and healthy, ways to look after our mental health, keeping safe and being kind online and many more.

Our aim is to carefully build on children's understanding of these things each year and we do this using our school values as the base of our curriculum.

Parents and carers have the option to withdraw their children from certain elements of RSHE, in year 6, which are detailed in the SRE overview F2-Y6 document here: [PSHE / RSHE | Beaumont Lodge Primary School](#). In order to withdraw your child, you must submit a written request by emailing office@blps.org.uk

Kind regards,

Mrs D Solla

Headteacher