

## **Relationships, Sex and Health Education (RSHE):**

### **Parent Information and Consultation**

Dear Parents / Carers,

As part of your child's educational experience at Overstone Combined School, we are committed to promoting personal wellbeing and development through a high-quality programme of Personal, Social, Health and Economic Education (PSHE). This includes [Relationships and sex education \(RSE\) and health education - GOV.UK](#) which together are often referred to as Relationships, Sex and Health Education (RSHE).

Our curriculum aims to equip all pupils with the knowledge, understanding, attitudes and practical skills they need to live healthy, safe, responsible and fulfilling lives — both now and as they grow.

The Department for Education's updated statutory guidance for Relationships Education, Relationships and Sex Education and Health Education (July 2025) will become mandatory for all schools from September 2026, and our school is preparing accordingly.

The updated guidance strengthens expectations in areas such as online safety, consent, positive relationships, safeguarding, puberty, mental health and the use of correct scientific terminology.

Our RSE curriculum reflects the values and ethos of Overstone Combined School. Teaching is rooted in our school values of kindness, respect, listening to others and working hard. Through our RSE curriculum, we support children to understand themselves and others, develop positive relationships, appreciate and respect differences, and build the knowledge and skills they need to make safe and responsible choices now and in the future.

### **What is Relationships Education?**

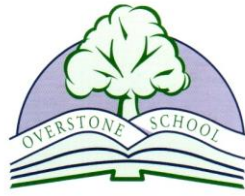
Relationships Education focuses on helping children understand:

- The characteristics of healthy friendships and family relationships
- Kindness, honesty, boundaries, respect and personal space
- Permission-seeking and permission-giving
- How to keep themselves safe, including online
- How to recognise and report concerns
- The importance of respectful, inclusive relationships within a diverse society

This curriculum supports children emotionally, socially and physically as they grow, enabling them to develop resilience, confidence and an age-appropriate awareness of the world around them.

### **Our Reviewed RSE Curriculum**

We have updated our RSE curriculum to ensure it:



- Meets statutory requirements
- Reflects pupils' age, physical and emotional maturity
- Respects our children's religious, cultural and family backgrounds
- Is inclusive of SEND learners
- Aligns with our school values and wider curriculum
- Prepares children to stay safe, healthy and confident in their relationships

Our teaching is delivered using **Kapow Primary's PSHE/RSE curriculum**, a carefully structured, spiral programme that revisits key themes with increasing depth and maturity. As well as finding a copy of the Curriculum Overview on our website, We have also attached a copy to this email for your reference.

The Kapow curriculum supports teachers with clear progression, age-appropriate vocabulary, safeguarding guidance and resources for teaching sensitive topics. It has been designed to align with the Department for Education's statutory requirements for Relationships Education and Health Education.

### **What about Sex Education?**

The statutory curriculum requires children to learn about Relationships Education and Health Education. Some aspects of sex education are not statutory in primary schools.

At Overstone Combined School, Sex Education is 6 lessons that go beyond the statutory Science curriculum.

These lessons focus on how people become parents and carers. Pupils learn the correct terminology for body parts and develop an understanding of how babies are conceived, how they grow during pregnancy and how they are born. This is all done in an age-appropriate context.

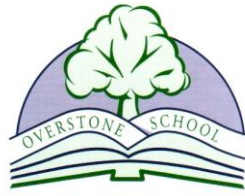
**Parents retain the right to request that their child is withdrawn from these non-statutory sex education lessons only.**

### **Why is RSE Important?**

High-quality RSE can help children to:

- Develop positive mental health and wellbeing
- Understand their changing bodies before puberty happens
- Recognise safe and unsafe situations
- Develop confidence to seek help and report concerns
- Understand respectful and healthy relationships
- Make informed choices as they grow

Our approach ensures pupils learn factual, age-appropriate information that supports their safety and personal development.



## **Working in Partnership with Parents**

As always, we value our partnership with parents and carers. While the school is required to teach the statutory curriculum, we recognise the importance of working collaboratively so families feel informed, reassured and confident about what is taught and when.

To support this, our school website includes:

- Our RSE & PSHE Policy (currently under review and to be updated following consultation)
- Information about Kapow Primary's RSE and PSHE curriculum which you can also find attached below.

We strongly encourage you to read these materials to support your understanding of the RSE curriculum.

There is also a Parent Zone on Kapow that you can access:

[RSE & PSHE Parent Information | Kapow Primary](#)

This page is designed to help parents and carers:

- Find answers to common questions about RSE and PSHE
- Understand what is included in the Kapow Primary RSE and PSHE scheme
- Learn about parents' rights in relation to RSE and PSHE, particularly around sex education
- Understand the benefits of RSE and PSHE and how they can support children's learning

We will also share information about any sensitive or relevant lessons and resources with you ahead of them being taught, so that you have the opportunity to ask any questions in advance.

### **Parental Consultation**

As part of our policy review cycle and in preparation for implementing the new requirements from September 2026, we welcome your views on:

- Our RSE curriculum and implementation
- How and when specific content is taught
- Any questions or comments you may have

Please complete the parent consultation questionnaire:

[PSHE and RSHE Parent Consultation Form - Google Forms](#)

Alternatively, you can email your feedback to:

admin@overstone-wing.org

Please mark your message: **RSE Consultation**

All feedback received will be considered carefully before the policy is finalised for September 2026, in line with statutory expectations and our reviewed curriculum approach.

Overstone Combined School,  
Church Street,  
Wing, Leighton Buzzard,  
Beds, LU7 0NY



Telephone: 01296 688799  
[www.overstone.eschools.co.uk](http://www.overstone.eschools.co.uk)  
Email: [admin@overstone-wing.org](mailto:admin@overstone-wing.org)  
Headteacher: Mrs Kirsty Eales

Please note that consultation provides an opportunity for parents and carers to understand the curriculum, ask questions and share views as part of the review process. It does not mean that parents are being asked to decide whether statutory Relationships Education or Health Education is taught.

If you have any questions, would like to discuss the curriculum, or wish to view resources in advance, please do not hesitate to contact us.

We appreciate your support as we work together to nurture, inspire and empower your children within our caring school community.

Yours sincerely,

Kirsty Eales (Headteacher) and Amy White Jones (PSHE Leader)