



THAKEHAM PRIMARY SCHOOL
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Monday 7th September 2026

Dear Parents/Guardians,

Revised RSE and Health Curriculum

From September 2026, schools are required to teach a new framework for Relationships, Sex and Health Education (RSE).

To ensure that our curriculum provision for RSHE is in-line with the updated guidance, we are sending home this information as a way of consulting your views and opinions and to provide opportunities for questions so that we can be open, transparent and responsive in delivering the updated curriculum.

What is PSHE & RSE?

PSHE stands for Personal, Social, Health and Economic Education. RSE stands for Relationships and Sex Education. Schools may use different names for these subjects: RSE may be referred to as RSHE when health education is included; similarly, PSHE may be referred to as PSHCE when citizenship is included.

At Thakeham Primary School we will be using the 'Kapow Primary RSE & PSHE (known to us as RSHE) scheme', which will cover the full breadth of learning pupils need to stay healthy, safe and prepared for life.

This includes:

- Personal
- Social
- Health
- Economic
- Relationships
- Citizenship
- Sex education

We have also included a helpful link to more detailed information for you, should you want any further details/information:

<https://www.kapowprimary.com/subjects/rse-pshe/curriculum/rse-pshe-parent-information/>

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Statutory and non-statutory guidance.

RSE & PSHE is the subject that most directly supports pupils' personal development. As a result, a wide range of statutory and non-statutory guidance informs best practices. One reason we use the Kapow Scheme is because it has been redeveloped to take into account the following documentation, which we believe supports us in delivering a broad and balanced RSHE Primary Curriculum for EYFS-Year 6.

Statutory guidance

- [Relationships and sex education \(RSE\) and health education statutory guidance.](#)
- [The Equality Act 2010](#), including duties relating to protected characteristics.
- [Keeping children safe in education.](#)
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Non-statutory guidance and frameworks

- [Teaching online safety in schools.](#)
- [Promoting fundamental British values through SMSC.](#)
- [Citizenship programmes of study: Key stages 1 and 2](#) (non-statutory).

Together, these documents outline the expectations for helping pupils stay safe, understand themselves and others, develop healthy relationships and become responsible members of their school and wider community.

Citizenship

Citizenship education is currently non-statutory in primary schools, although there is a recommended [Programme of study](#) that schools can choose to implement.

However, the recent [Curriculum and assessment review final report](#) recommends that citizenship should be added to the National Curriculum in the next iteration due in 2028. The Government have accepted the recommendation.

Kapow's Primary RSE & PSHE curriculum already includes citizenship lessons (including financial literacy) and will be updated to meet the new guidance released in 2027. This is another reason why we choose to use the scheme, as this will help us with further planned Government changes to the National Curriculum that schools will be expected to deliver.

A broad and balanced curriculum

The Kapow scheme is organised into strands and key areas to ensure a broad and balanced curriculum.

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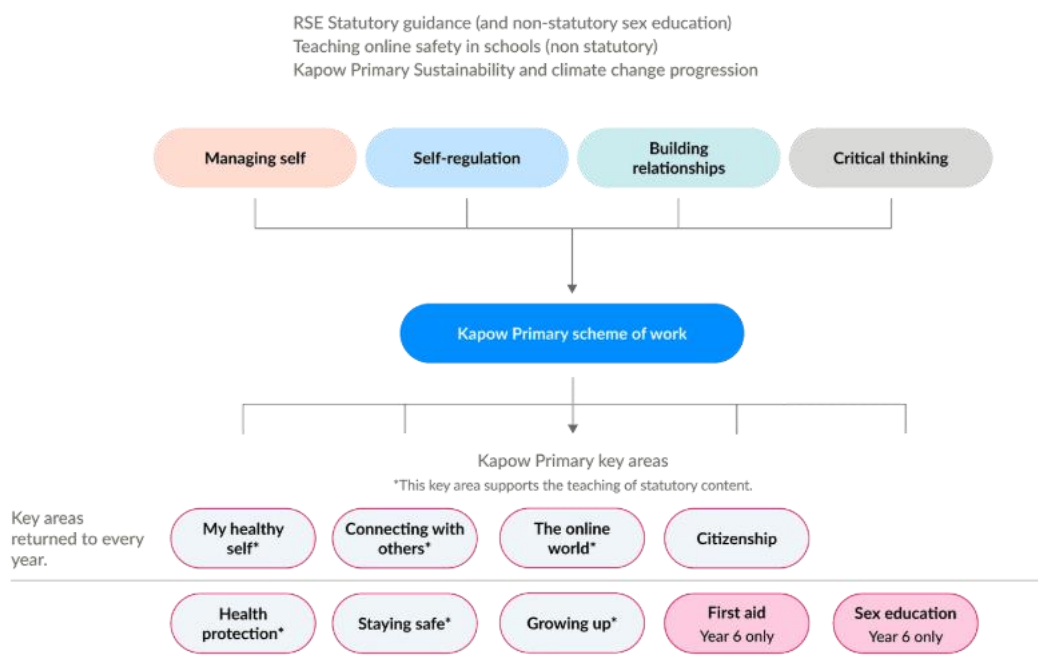


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Key areas group learning into meaningful themes and ensure that all statutory content is covered. The strands run from Reception to Year 6, demonstrating how pupils develop lifelong skills in managing themselves, regulating their emotions, building positive relationships and thinking critically. Together, the strands and key areas help pupils revisit important ideas over time, building their confidence and understanding in a structured way.



The visual shows how learning will develop and build progressively across each phase, within the following key areas: **My healthy self, Connecting with others, The online world, Staying safe, Health protection, Citizenship and Growing up**, with units on **Sex education** and **First aid** in Year 6. Within these key areas, pupils revisit important knowledge and concepts with increasing depth and maturity as part of a planned, spiral curriculum approach. It also demonstrates how pupils will build the knowledge, understanding and skills required to meet the statutory outcomes by the end of primary school

Alongside this, the strands of **self-regulation, managing self, building relationships and critical thinking** show how pupils' personal and social skills develop from Reception to Year 6, supporting them to make thoughtful, informed choices and to thrive in school and beyond.

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Attached to this letter is our curriculum map from which we will teach a two-year RSHE cycle.

Will my child be taught Sex Education?

In primary schools, Relationships Education and Health Education are statutory parts of RSE & PSHE. Sex education is **not statutory** at primary level, though like many schools, Thakeham Primary School will opt to teach this aspect as part of the curriculum in Year 6 only in the Summer Term-to prepare pupils for secondary school with accurate information. Information detailing what will be taught in this unit will be sent home prior to the teaching, so that parents/carers can request to view resources used and ask any questions that they may have before delivery.

Parents may request to withdraw their child from the optional, non-statutory Year 6 Sex education unit and can request to do this by contacting the school's Executive Headteacher: Mrs K Houston.

Parents do not have the right to withdraw their child from the following statutory components:

- Relationships education.
- Health education.
- Science lessons, including learning about puberty or human reproduction taught through Science.
- Any other PSHE content the school has chosen to include, such as citizenship or financial literacy.

Consultation process

Consultation on our proposals for the updated RSHE curriculum open on Monday 7th September 2026 (today) and will close on Monday 14th September 2026. If you would like to submit any questions/considerations or request any further information, please do so via the school office email office@thakehamps.co.uk by the date the consultation closes.

Yours sincerely

Mrs K Houston
Executive Headteacher

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