Striving together for excellence and enjoyment

Monday 28th September 2026

Dear Parents/Carers of children attending Pirton School,

From September 2026, there is new statutory framework for Relationships and Sex Education (RSE) which forms part of the Personal, Social and Health Education framework (PSHE).

This letter is to outline the changes to you and to ask for your input and involvement into the development of our RSE curriculum.

The overall picture for primary schools hasn't shifted dramatically – relationships and health education remain compulsory, while sex education stays optional. Before your child is taught content that falls under sex education, you will be informed and given the right to withdraw your child from the lessons that go over and above the statutory Science curriculum which all children must participate in.

From September 2026 you, as parents, are able to view any RSE materials used in class. Teachers can provide access to individual lessons or whole units using a secure email link. You do not need an account to view the content.

The guidance emphasises teaching children how to:

- Set and respect personal boundaries.
- Recognise unsafe online or offline relationships.
- Seek help when something feels wrong.

This is about safeguarding children with age-appropriate skills and knowledge. By giving children the tools to recognise risk and manage safe decisions, both now and in the future, schools, like Pirton School play an important role in helping them navigate a world where social norms, online behaviours and pressures are constantly shifting.

Terminology – body parts

Teachers have explicit direction on terminology:

- Pupils should learn the correct names for body parts (including penis, vulva, vagina, testicles, nipples, scrotum).
- These terms should be taught within the context of privacy, boundaries and respect.

Menstruation (periods)

This should be introduced *before* pupils are likely to experience it – the guidance suggests starting from Year 4 – and teachers are encouraged to use clear, accessible language such as "period pads" and "menstrual products" instead of outdated terms like sanitary towels.

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Online safety

Since the 2019 guidance, the online world has changed a lot, and the new guidance ensures that teaching keeps up with it.

Updates include:

- Age limits for social media
- Risk around image-sharing and online pressure
- Privacy and location settings
- Online gaming safety
- Critical thinking about online wellbeing

Personal safety and first aid

New content has been added to help children recognise and manage risk, including:

- Rail and water safety
- Peer influence and pressure
- Updated first aid guidance – with an emphasis on reporting incidents rather than filming them

Change and loss

For the first time grief and bereavement are specifically mentioned. Children need to be taught:

- Grief is a natural response to bereavement
- Reponses to grief look different for everyone
- Change and loss can provoke a wide range of feelings

We acknowledge that staff and children's personal experiences of bereavement make this a sensitive topic. We will consider this when planning how and when to cover this content and will also make parents aware where we know this may be particularly sensitive for a particular child or group of children.

Families and representations

As before in the 2019 guidance, teaching should reflect the diversity of family life – from same-sex parents to kinship carers – so that all children feel recognised and respected. This means careful consideration in the use of content (images, videos, stories) to respect and represent diverse families.

The 2025 guidance doesn't change the core of primary RSE and Health Education – it clarifies how it should be taught, communicated and kept up to date.

The consultation period opens today (Monday 28th September) and closes on Tuesday 5th October. During this consultation window if you would like to view any of the individual lessons, please contact the school office. We are able to send you a link to view all of the lesson content, but this has to be set up on an individual basis due to the platform we use.

Our PSHE and RSE curriculum is delivered using Kapow. You can access more publicly available information about Kapow by following the link but you will not be able to access the individual lessons without an access email from school.

Primary School Schemes of Work, Lesson Plans and CPD

Kind regards,

Mrs. Magdeburg
Headteacher