



Lockyer's Middle School
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6th October 2026

Dear Parents/Guardians

I am writing to make you aware that the updated Department for Education statutory guidance for Relationships, Sex and Health Education (RSHE) came into effect on 1st September, 2026.

As part of our ongoing review of the curriculum, we have revised our current PSHE provision and made some updates to ensure that all key aspects of the RSHE guidance are covered appropriately and progressively across the year groups. Much of our RSHE curriculum fits naturally within the topics and units that we teach throughout the academic year, allowing us to cover RSHE content within a variety of units.

Our RSHE curriculum is designed to help pupils develop their knowledge, understanding and skills in areas including:

- **Relationships** – understanding friendships, families, respectful relationships, communication, boundaries and how relationships can change.
- **Health and wellbeing** – developing an understanding of physical and emotional health, personal wellbeing and how to make healthy choices.
- **Puberty and growing up** – understanding the physical and emotional changes associated with puberty and developing confidence in managing these changes.
- **Identity** – exploring identity, individuality, self-esteem, respect and the factors that can influence how we see ourselves and others.
- **Keeping safe** – developing an understanding of personal boundaries, appropriate behaviour and how to seek help and support when needed.

Each of our units are age-appropriate and form part of a carefully sequenced curriculum, building on students' knowledge and understanding as they progress through the school. For an overview on what is covered within each of our PSHE topics, please refer to the PSHE page on our [school website](#). Here is also a link to our [Relationships Education policy](#). This provides further information about the content taught across each year group.

We appreciate that some aspects of the RSHE curriculum can sometimes lead to questions from families. We will therefore send a more detailed letter in the Spring Term specifically relating to the Summer Term RSHE units.





- **Year 5:** Relationships and Puberty
- **Year 6:** Relationships
- **Year 7:** Health and Puberty
- **Year 8:** Identity and Relationships

At this time, we will also provide families with the opportunity to attend a drop-in session to discuss the materials and content further.

Parents have the right to request that their child be withdrawn from **some or all of the sex education** delivered as part of statutory RSE. In our current curriculum offer, we do not deliver any context which falls under sex education. Under the statutory curriculum from the Government, there is no right to withdraw from Relationships Education or Health Education.

If, in the meantime, you have any questions regarding your child's PSHE content, please contact their PSHE teacher or myself.

Yours sincerely

Mrs L. Evans
(PSHE lead)