

In God's love we learn and grow together

Headteacher: Mrs J P Conley

11th September 2026

Dear Parent/Carer

I am writing to you in my role as the RSHE (Relationships, Sex and Health Education) and PSHE Lead to share some important updates regarding how these vital subjects will be taught at our school from the start of the Autumn term, beginning **1st September 2026**.

Following a comprehensive review and consultation period by the Department for Education (DfE), updated statutory expectations for RSHE are coming into national effect. These updated regulations place an enhanced emphasis on pupil safety, emotional resilience, physical and mental wellbeing, and online safety. As a school, we are fully committed to meeting these updated statutory requirements while continuing to provide a nurturing, faith-filled environment that aligns with our Catholic values and ethos.

What are the key changes in the updated statutory guidance?

The updated DfE statutory guidance focuses on ensuring that children develop a strong, sequential understanding of healthy relationships, personal boundaries, and mental wellbeing. Key updates include an increased emphasis on basic first aid, physical health, water safety, safe online behaviours, and emotional self-regulation. Crucially, the guidelines require high transparency and collaborative engagement with families, ensuring you are fully informed of what is being taught.

To ensure we are meeting these rigorous new standards with the highest-quality resources, we are updating our curriculum planning. From September 2026, we will be transitioning to **Kapow Primary's scheme of work** for our broader PSHE and Health Education, while continuing to place our Catholic faith at the heart of relationships teaching through the **"A Journey in Love"** programme.

Our Blended Curriculum Approach

- **PSHE & Health (Kapow Primary):** Kapow Primary is a highly acclaimed, spiral curriculum fully aligned with the September 2026 statutory requirements. It provides engaging, age-appropriate lessons covering mental health, physical wellbeing, digital safety, and life skills. By revisiting key themes annually with increasing depth, it helps pupils build the resilience and critical thinking they need to navigate the modern world safely.
- **Relationships & Sex Education (A Journey in Love):** As a Catholic school, we will continue to use "A Journey in Love", the developmental programme recommended by the Diocese of Liverpool. This scheme ensures that Relationships and Sex Education is taught within the context of Christian faith, human dignity, and love. It supports our pupils in understanding their physical, emotional, and spiritual development as gifts from God.

We firmly believe that this blended approach provides the perfect balance: Kapow's robust, contemporary curriculum ensures our children receive comprehensive physical, mental, and safety education, while "A Journey in Love" ensures their spiritual and moral development remains rooted in our Catholic faith.

Partnering with Parents and Carers

We believe that parents are the first and most important educators of their children. In accordance with the new guidance, we are fully committed to complete transparency. All curriculum overviews will be published on our school website, and parents are always welcome to view our teaching materials upon request.

We will also be hosting a **Parent Information & Consultation Meeting on Thursday 17th September 2026 at 2:45pm** in the school hall. This will be an opportunity for us to showcase both schemes of work and answer any questions you may have.

As a reminder, while Relationships and Health Education are statutory for all primary school pupils, parents maintain the legal right to request that their child be withdrawn from any non-statutory aspects of Sex Education (which is distinct from the statutory National Curriculum for Science). More details on this, including our updated policy, will be shared at the consultation and made available on our website.

Thank you for your continued partnership, support, and dedication to our school community. Together, we can ensure our children grow up safe, happy, and fully prepared for the future.

Yours sincerely

Mrs J Conley
Headteacher