



Relationship, Sex and Health Education (RSHE) at Hunningley Primary Academy

Dear Parents and Carers,

At Hunningley Primary Academy, we are committed to ensuring that every child develops the knowledge, skills and confidence needed to grow into happy, healthy, safe and successful young people.

This year, we are delighted to introduce our new Relationships, Sex and Health Education (RSHE) curriculum, which has been carefully designed to meet the needs of children from Reception through to Year 6 and is fully aligned with the updated statutory guidance introduced from September 2026.

What is RSHE?

Relationships, Sex and Health Education helps children to understand themselves, build positive relationships, stay safe and make informed decisions as they grow up. RSHE forms an important part of our wider personal development curriculum and plays a significant role in safeguarding and promoting children's wellbeing.

Through the curriculum, children learn how to:

- Build safe, caring and respectful relationships.
- Understand and manage their physical and emotional wellbeing.
- Stay safe online and offline.
- Recognise and respond to risks.
- Celebrate diversity and respect differences.
- Become responsible members of their communities.
- Prepare confidently for puberty, adolescence and secondary school.

What will children learn?

The curriculum is taught through a carefully planned sequence of learning which builds progressively from Reception to Year 6 and is planned for progression into KS3. Learning is organised through the following themes:

My Healthy Self

Children learn about physical health, mental wellbeing, healthy choices and resilience.



Connecting with Others

Children learn about friendships, families, respect, kindness, equality and healthy relationships.

The Online World

Children learn how to use technology safely, responsibly and critically, including recognising online risks and influences.

Citizenship

Children learn about rights, responsibilities, democracy, equality, financial literacy and active participation in society.

Growing Up

Children learn about body changes, puberty, personal hygiene and emotional development as they mature.

Staying Safe

Children learn about personal safety, boundaries, consent, first aid, risk assessment and seeking help when needed.

Sex Education (Year 6)

Year 6 pupils receive age-appropriate learning about human reproduction, conception, pregnancy, birth, consent, family life and becoming parents or carers.

Safeguarding and Personal Safety

A key purpose of our RSHE curriculum is safeguarding.

Children are taught how to:

- Identify trusted adults.
- Recognise unsafe situations.
- Understand personal boundaries.
- Stay safe online.
- Understand consent in an age-appropriate way.
- Report worries and seek help when needed.

We believe that equipping children with this knowledge is one of the most effective ways of keeping them safe.



Can I see what my child will be learning?

Absolutely.

We believe parents and carers are children's first educators and value the important role families play in supporting children's personal development. We welcome any parent who would like further information about our RSHE curriculum. Families can:

- View our long-term curriculum plan.
- Read our RSHE Policy.
- Discuss learning with school staff.
- Ask questions about curriculum content.
- View relevant teaching materials where appropriate.

Can I withdraw my child from RSHE lessons?

Under current government guidance, Relationships Education and Health Education are statutory subjects, which means all children are expected to take part in these lessons. Parents do not have the right to withdraw their child from these aspects of the curriculum.

Parents do have the legal right to request withdrawal from the **non-statutory Sex Education** elements taught beyond the National Curriculum Science Programme. At Hunningley Primary Academy, this content is delivered within the Year 6 Sex Education unit.

If you are considering withdrawal, we encourage you to speak with us first so that we can discuss the content being taught and answer any questions you may have. Requests should be made in writing to the Executive Principal and Vice Principal.

Further Information

If you would like to discuss any aspect of our RSHE curriculum, please do not hesitate to contact me.

Thank you for your continued support in helping us prepare our children for happy, healthy and successful futures.

Kind regards,

Mr J. Parker
Vice Principal & PSHE Lead
Hunningley Primary Academy