

10 September 2026

Dear Parents and Carers,

From September 2026 the government has updated the statutory Relationships, Sex and Health Education (RSHE) guidance. We have reviewed and revised our RSHE/PSHE programme to make sure it remains age-appropriate, inclusive and focused on keeping pupils safe and well. The updated RSHE policy and long-term plans will be published on the Trotts Hill Primary School website and paper copies are available from the school office on request.

What we have strengthened (primary focus)

- Online safety and wellbeing — age-appropriate teaching about online gaming, privacy, consent, age restrictions and safe use of social media.
- Health and naming body parts — correct terminology for body parts and teaching children how to recognise and report signs of abuse.
- Personal safety — practical sessions on fire, travel and water safety.
- Bereavement — specific age-appropriate lessons and strategies to help pupils manage loss and related emotions.
- Relationships — teaching about loneliness, healthy boundaries both online and offline, and building respectful relationships.

How we teach it

All content is planned carefully and sequenced by age and stage of development. Lessons are delivered by trained school staff and, where external providers are used, we ensure they are suitably skilled and supervised and that content matches our policy.

Viewing the materials and policy

- The updated RSHE policy and long-term plan will be published on the school website.
- If you would like to view the lesson materials, discuss the curriculum in detail, or make an appointment to talk through any questions, please contact Mrs Dent or a member of SLT via the school office

We value your views. If you have feedback about the updated policy please let us know so we can consider it as we finalise delivery.

Kind Regards,

Mrs Dent and Welltech Faculty