PSHE & RSHE at Cotsford Primary School
A Parent Policy Guide June 2026

We are currently reviewing our PSHE curriculum in line with the DfE's updated statutory guidance for Relationships, Sex and Health Education (published 2025, for implementation from September 2026).

This document aims to provide a **clear overview** of how Personal, Social, Health and Economic Education (PSHE), including Relationships and Sex Education (RSHE), is taught at Cotsford Primary School.
It is designed to support parental understanding during consultation. The **full PSHE & RSHE Policy**, which includes detailed curriculum information and statutory references, remains available on our website or from the school office.

PSHE & RSHE in a Nutshell
This short guide gives parents a clear overview of:

- what PSHE and RSHE are and why they matter
- what is statutory in primary schools
- what children learn and how learning builds over time
- the difference between Health Education and Sex Education
- what has been updated or clarified
- how parents can find out more and ask questions

What is PSHE?
PSHE (Personal, Social, Health and Economic Education) supports children's **personal development, wellbeing and safety**.
Through PSHE, children learn the knowledge, skills and confidence they need to:

- build positive relationships
- understand and manage emotions
- stay safe online and offline
- develop resilience and self-esteem
- make healthy choices
- prepare for later life

Relationships Education and Health Education are taught within our wider PSHE curriculum.

Why do children need PSHE and RSHE?
Children are growing up in a complex world. PSHE and RSHE help children to stay safe, understand their bodies and feelings, build healthy relationships, and know who to turn to if they are worried.
This learning supports children's wellbeing now and prepares them for adolescence and secondary school, **without introducing information too early**.

What is statutory in primary schools?

All primary schools are required by law to teach:

- **Relationships Education**
- **Health Education**

These subjects are compulsory for all pupils. **Sex education is not statutory** in primary schools. **Currently, it is the decision of Cotsford Primary School that we DO NOT teach sex education.** Should this ever change, parents would have the right of withdrawal.

What do children learn in PSHE?

Our PSHE curriculum is **age-appropriate and progressive** from Reception to Year 6. Children learn about:

- families and friendships
- kindness, respect and caring relationships
- personal boundaries and consent
- bullying and how to get help
- mental wellbeing and emotional health
- online safety and digital awareness
- physical health and healthy lifestyles
- growing and changing, including puberty

How does learning build as children get older?

PSHE and RSHE are taught **gradually** from Reception to Year 6. Key themes are revisited each year, with learning becoming more detailed as children mature.

What a Reception child learns is very different from what a Year 6 child learns.

How is PSHE taught?

- PSHE is taught **weekly** by class teachers
- lessons are interactive and discussion-based
- children are **never required to share personal experiences**
- a clear classroom charter ensures lessons are safe and respectful
- sensitive topics are taught carefully and professionally

We use the **Jigsaw PSHE programme,** which provides a structured, age-appropriate framework that meets all statutory requirements.

Health Education (Statutory – all pupils)

Health Education is compulsory for all primary-aged pupils, and parents **cannot withdraw** children from this learning.

At Cotsford, Health Education includes:

- physical and emotional wellbeing
- managing feelings and mental health
- staying safe, including online
- healthy lifestyles and personal hygiene
- **puberty and body changes**, including menstruation

A note about puberty

Puberty is part of **Health Education, not Sex Education**. It is taught gradually, before children need to know, using correct terminology and focusing on physical and emotional changes — **not sexual activity**.

Sex Education

Sex education is **not compulsory** in primary schools.

At present, at Cotsford Primary School, **we do not teach sex education**. We teach the statutory Health Education content about puberty and menstruation, and the statutory Science curriculum content about life cycles and how mammals reproduce, but we do not provide additional detail about sexual intercourse RSHE or how human babies are conceived and born.

We keep this decision under regular review in consultation with parents and in response to children's questions and needs. Should we decide to introduce sex education in the future, we will consult fully with parents and update this policy.

We define sex education as:

Teaching about sexual intercourse RSHE and what happens for a baby to be conceived, and the process of childbirth.

Sex education is taught as part of PSHE and is **separate from**:

- statutory Health Education (including puberty)
- the Science curriculum (which includes life cycles and reproduction in mammals)

Right to withdraw from sex education

Parents have the right to request withdrawal from **sex education** lessons should the decision be made to teach this at Cotsford in the future as part of PSHE. Parents **cannot withdraw** children from:

- Relationships Education
- Health Education (including puberty and menstruation)
- Science curriculum content

Inclusion, respect and diversity

Our PSHE curriculum promotes respect, kindness and empathy. Children learn that families come in many forms and that everyone deserves respect. Teaching challenges stereotypes and bullying in age-appropriate ways.

Safeguarding and keeping children safe

PSHE plays an important role in safeguarding. Through lessons, children learn to:

- recognise unsafe situations
- understand personal boundaries and consent
- know who they can talk to if they are worried
- feel confident asking for help

All staff are trained in safeguarding procedures, and any concerns raised through PSHE are managed in line with the school's safeguarding policies.

What's been updated or clarified?
PSHE and RSHE have long been taught at Cotsford. This review has focused on ensuring our provision remains **clear, age-appropriate and in line with statutory guidance and best practice**.

As part of this review:

- **Sex education is not taught.**
- **Health Education (including puberty) continues to be taught in line with national requirements**, and parents cannot withdraw children from this statutory learning.
- **Digital literacy and online safety learning has been strengthened**, reflecting children's increasing engagement with the online world and the importance of staying safe, recognising risk and knowing how to seek help.
- Information for parents about what is statutory and how PSHE is taught has been clarified.

These refinements do not represent a change in the school's values or ethos, but reflect our ongoing commitment to safeguarding, wellbeing and age-appropriate education.

Working with parents and carers
We value strong partnerships with families and support parents by:

- sharing information about PSHE topics
- offering opportunities to view materials
- welcoming questions and discussion

Where can I find more information?
This document is a **summary** of our approach.

Parents and Carers can access:

- the full **PSHE & RSHE Policy** on our school website
- **curriculum overviews and Knowledge Organisers** for each half-term's puzzle (theme) on request
- **Annual PSHE and RSHE information** for parents and carers
- **parent information links** available on the school website

If you have any questions or would like to discuss PSHE further, please contact:
Mrs A Simpson – PSHE Lead, via the school office.

As part of our consultation process, we are holding parent information sessions on
Monday 22nd and Wednesday 24th June at 3.15pm in the hall where you can view some of the Jigsaw plans and resources we use for teaching PSHE lessons, and staff will be on hand to answer any questions you may have.