

All Saints' C of E (VC) Primary School

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Dear Parents and Carers,

Re: PSHE and RSE Curriculum

As we begin a new academic year I would like to take this opportunity to write to you to inform you about some updates to the statutory PSHE (Personal, Social, Health and Economic) and RSE (Relationships and Sex and Health Education) curriculum that has come into effect from the beginning of this term.

These changes have been introduced by the government to ensure that the curriculum continues to reflect the realities and changes that pupils face today, while helping them to stay safe, healthy and informed.

At All Saints' our PSHE teaching is very well embedded into our curriculum. Currently our EYFS pupils take part in weekly lessons called 'The Big Three and Me'. The Big Three and Me is a personal, social and emotional development program for children aged three to five. The program helps children to develop their self-awareness, self-regulation and relationship building skills. Our children in Year 1 through to Year 6 also take part in weekly PSHE lessons, in which the teaching teams follow a scheme of work carefully created by KAPOW Primary that aligns with the new 2026 statutory guidance.

The Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance, from the Department for Education, details content to be covered by the end of primary school, all of which is covered by our scheme of work by KAPOW Primary. You can view further information about content coverage by following this link to our school website. [All Saints' Primary School Maldon](http://www.allsaintsprimaryschoolmaldon.co.uk)

From September 2026, there have been a few changes to the guidance. Some of the key changes for primary aged pupils include:

- Personal safety - keeping up with new emerging online and real world risks. Topics now include travel safety, water safety and fire safety.
- Bereavement, grief and loss - helping children understand and process grief and loss in age appropriate ways.
- Emotional wellbeing/mental health - more emphasis on resilience, loneliness, emotional regulation, recognising when one might need help and teaching these early.
- Correct anatomical terminology - using correct terms for genitalia as part of safeguarding and reducing stigma.
- Sex education in upper primary years - sex education remains optional, but links with the science curriculum are encouraged.

Kapow Primary have made updates to their scheme of work to cover the changes and we will follow this.

As a school we continue to be committed to delivering this content in an age appropriate, sensitive and supportive way that reflects our school values and supports the wellbeing of our pupils. Phase groups will send letters home to parents when lessons from the developing bodies curriculum is being taught in school. Parents will be informed about teaching content and given opportunities to view teaching materials.

The progression of skills within the subject can be viewed on our school website. This will be continually updated as KAPOW Primary make changes to their scheme.

[Progression of skills Matrix](#)

Further information about PSHE and RSE can also be found in our school policies.

- [PSHE Policy](#)
- [RSE Policy](#)

We value the views of our parents and carers and would like to invite you to take part in consultation regarding these curriculum changes. If you wish to share comments or views please complete the google form via the link here: [Questionnaire for Parents](#)

Thank you for your continued support as we work together to ensure our children are equipped with the knowledge and skills they need to stay safe, healthy and respectful members of the community.

Kind regards

J Baker

Mrs Baker
PSHE Subject Leader