

Library Road, Parkstone, Poole, BH12 2BG

Telephone: (01202) 743918

www.heatherlands.poole.sch.uk

Headteacher: Mr J Churchill BA (Hons), M.A, PGCE, NPQH

Deputy Head: Mrs K Lloyd-Christie BA (Hons), QTS, NPQH

'At Heatherlands we believe every child deserves the best start in life'

Dear Parents and Carers,

February 2026

We are writing to inform you about updates to our PSHE (Personal, Social, Health and Economic Education), including Relationships and Sex Education (RSHE), policy.

In line with **current statutory guidance**, we have **reviewed and updated our RSHE policy** to ensure it continues to meet legal requirements and supports pupils' wellbeing, safety and personal development. RSHE helps children to build healthy relationships, understand their emotions, stay safe, and look after their physical and mental health, all in an age-appropriate and sensitive way. Our PSHE and RSHE curriculum is delivered using the **Jigsaw** programme, a structured and age-appropriate approach that supports children's wellbeing and personal development.

We recognise that parents and carers are the most important educators in children's lives, and we are committed to **working in partnership** with you. RSHE teaching is carefully sequenced so that learning builds gradually year on year, ensuring children receive the right information at the right time. What is taught to younger children is very different from what is taught in later primary years.

As part of this curriculum, **Sex Education is taught in Years 5 and 6**. This content focuses on conception and birth and is delivered in an age-appropriate manner. Parents have the right to withdraw their child from these specific lessons if they wish. We will always inform parents in advance of when this content is taught and explain the process for requesting withdrawal.

We would also like to clarify that **puberty is part of Health Education, not Sex Education**. As a statutory element of the curriculum, this content is required and parents are not able to withdraw their child from puberty lessons. This learning is taught sensitively and helps children understand and manage the physical and emotional changes they may experience as they grow.

As part of our engagement process, we are holding a **parent information session on Monday 2nd March at 2:00pm in the Studio**. During this session, we will explain the key elements of the updated RSHE policy, outline what children learn at different stages and why, share a sample of the teaching materials that will be used, and provide an opportunity for questions and discussion. If you are able to attend, please contact the school office by phone or email to let us know.

To further support transparency and partnership, we will also be **sending home a Knowledge Organiser for your child's year group for each half term's RSHE learning**. These outline the key themes, vocabulary



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and learning objectives and are designed to support understanding and conversations at home. We will begin this with the **Healthy Me** unit this half term.

Parents and carers can also request to view RSHE teaching materials through the **Parent Portal**, which is available to all parents on request. Please speak to your child's teacher, who can generate a link to access the Jigsaw Portal online.

In addition, we will be sharing a **Google Form** to give parents and carers the opportunity to share their views, ask questions, and provide feedback on the draft PSHE including RSE policy. All feedback will be considered as part of the consultation process before the policy is finalised.

The draft policy is available for you to review. To support this, we have also prepared a **short "Policy in a Nutshell" guide**, which provides a clear overview of our approach in a more accessible format.

There are several ways you can find out more or share your views, including attending the information session, reading the Knowledge Organiser for your child's year group, or sharing feedback via the Google Form. You are very welcome to engage in whichever way feels most helpful to you.

Thank you for your continued support and for working with us to ensure our RSHE provision is inclusive, age-appropriate and supportive of all pupils.

Yours sincerely,

Mrs H. Allen

SMSC Lead

NPQEYL

Specialist Leader of Education



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