

Relationships & Health Education (from Sept 2026)

A Parent & Carer Information Sheet – Firs Farm Primary School

New statutory guidance has been produced for PSHE and RSHE that schools must put in place from September 2026. Whilst a lot of what is taught is already in our existing curriculum it has been divided into Relationship, Health and Sex-Education (optional).

Relationship & Health Education is now statutory and we have to teach it.

This guide explains what your child will learn in Relationships and Health Education (RHE) at Firs Farm from September 2026., why it matters, and what your rights are as a parent or carer. We have chosen the KAPOW scheme of work which, we believe, is appropriate for our school. The KAPOW scheme has been developed in collaboration with RSHE expert **Rebecca Jennings of RAISE**, with over 18 years' experience delivering age-appropriate education to primary schools.

SEPTEMBER 2026

APPROVED BY FULL GOVERNING BODY

REVIEWED ANNUALLY

Primary School

What Is RHE and Why Does My Child Learn It?

Relationships and Health Education (RHE) is **compulsory in all primary schools in England from September 2026**. It is designed to prepare your child for the opportunities, responsibilities and experiences of growing up,

Relationships Education

Teaches pupils about healthy, respectful relationships – with family, friends and online – so they can make informed decisions about their wellbeing and know how to talk to a trusted adult if something worries them.

Health Education

Equips pupils with the knowledge to make informed decisions about their own health, including understanding the emotional and physical changes they will experience during puberty. **Parents cannot withdraw their child from Health Education.**

- ⓘ RHE is taught as part of our PSHE curriculum and follows the **Kapow combined PSHE/RSHE scheme**, which provides a carefully sequenced, progressive programme from Reception through to Year 6.

What Will My Child Learn? – Relationships Education

Relationships education covers five key areas, building progressively from Reception to Year 6. Here is a summary of what your child will be taught:



Families & People Who Care for Me

Understanding that families come in many forms, all built on love and care. Recognising safe and happy family life, and knowing how to seek help if home feels unsafe.



Caring Friendships

How to build and maintain healthy friendships based on mutual respect, honesty and kindness. Managing conflict, recognising loneliness, and knowing when to seek support.



Respectful, Kind Relationships

Setting and respecting healthy boundaries, communicating effectively, understanding self-respect, challenging stereotypes, and recognising bullying in all its forms.



Online Safety & Awareness

Being respectful online, critically evaluating online relationships, recognising harmful content, understanding age restrictions on social media, and knowing how to report concerns.



Being Safe

Understanding privacy and appropriate boundaries, recognising unsafe situations, knowing how to report abuse or concerns, and building the vocabulary and confidence to seek help.

What Will My Child Learn? – Health Education

Health Education is compulsory and covers a broad range of topics to support your child's physical and mental wellbeing throughout primary school.

General Wellbeing

Physical activity, rest, hobbies, managing emotions, understanding mental health, dealing with change and loss, and knowing where to seek support.

Internet Safety

Positive and negative aspects of the internet, online behaviour, age restrictions, gaming risks, critical thinking about online content, and reporting concerns.

Physical Health & Fitness

Benefits of an active lifestyle, building regular exercise into routines, and risks of inactivity including obesity.

Healthy Eating

What constitutes a healthy diet, planning healthy meals, and understanding the risks of poor nutrition and alcohol.

Health & Prevention

Sun safety, sleep, dental hygiene, personal hygiene, immunisation, and recognising early signs of illness.

Developing Bodies

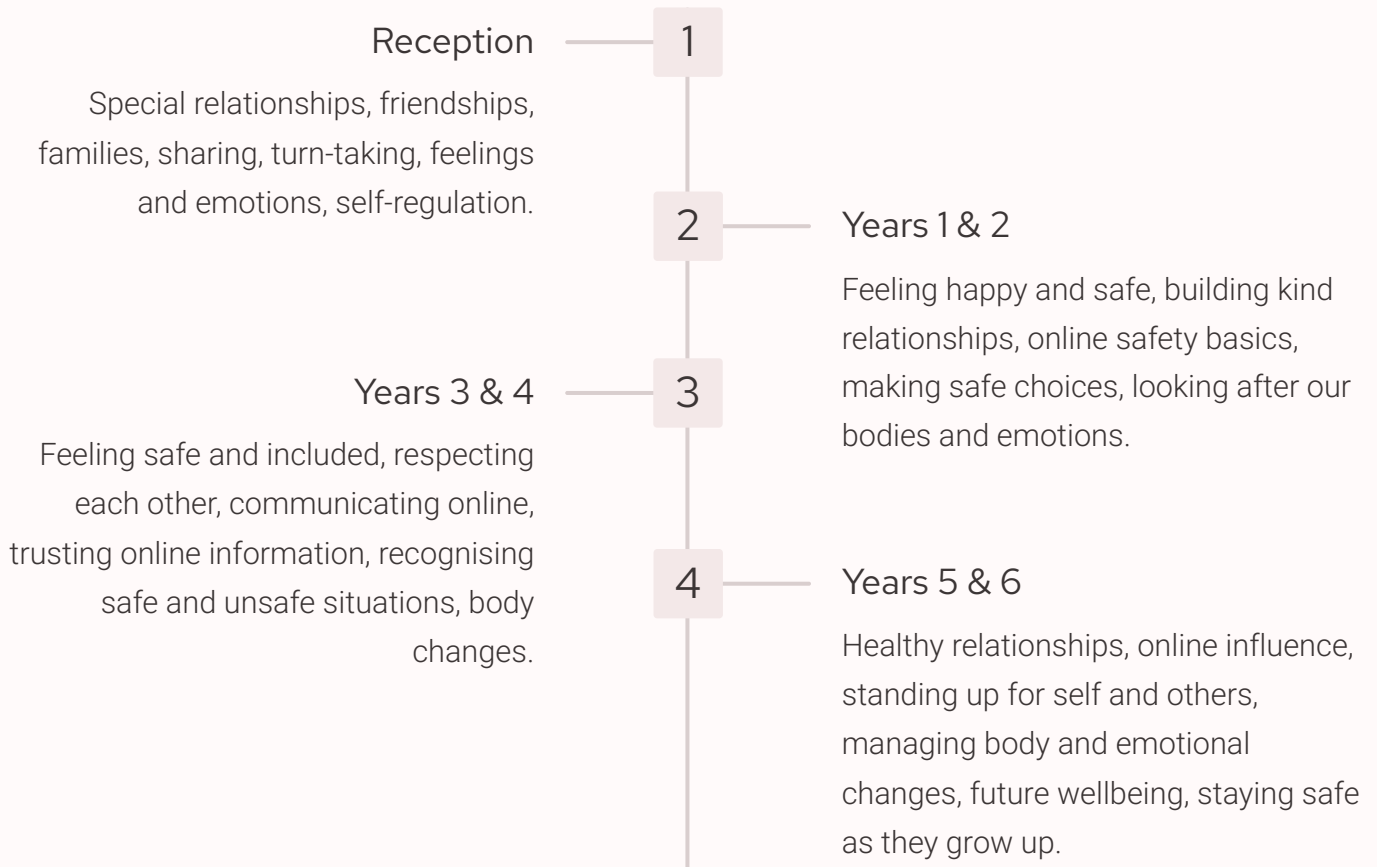
Body changes during adolescence, correct names for body parts, the menstrual cycle, and understanding privacy around the body.

Puberty is taught in Year 4 and Year 5.

- ☐ Health Education also includes **Basic First Aid** (how to call emergency services, dealing with common injuries) and **Personal Safety** (hazards, road safety, water safety).

What Is Taught in Each Year Group?

Our curriculum is progressive – each year builds on what your child already knows. Here is an overview of the key themes covered at each stage:



- ✔ The school follows the **Kapow PSHE/RSHE scheme**, which ensures all content is age-appropriate, evidence-based and carefully sequenced to support a smooth transition to secondary school.

Sex Education – What You Need to Know

Sex education beyond the science curriculum is **not statutory** at primary level, but the DfE strongly recommends all primary schools have a programme in place. At Firs Farm, we have chosen to include sex education for Year 6 pupils.

What is covered in Year 6?

The Year 6 unit is titled: "**How do people become parents and carers?**"

Content is strictly age-appropriate and focuses on:

- How babies are conceived
- How babies are born
- Reproduction – nothing beyond this focus

All pupils also learn about puberty and the reproductive process as part of the **statutory science curriculum**, which applies to every year group.

What about LGBTQ+

At Firs Farm we do not have a specific unit devoted to LGBTQ+ are taught through a broad and inclusive curriculum that promotes healthy and stable relationships. The curriculum includes different types of families (for instance same-sex, single families, extended families) throughout the curriculum.

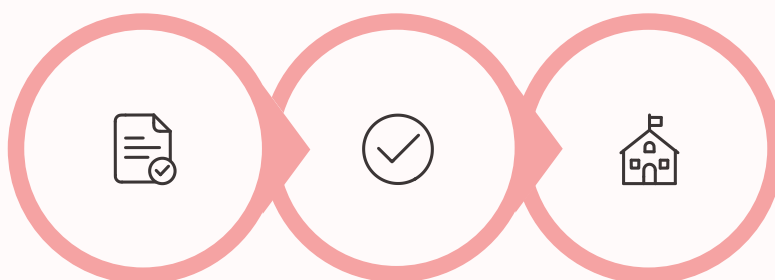
The scheme and our values also promote respect, kindness and togetherness.

Why do we include it?

National and international research shows that age-appropriate relationships and sex education from an early age:

- Supports children's safety and wellbeing
- Helps children understand their bodies
- Helps children recognise unhealthy or unsafe behaviours
- Enables children to seek help when needed
- Improves long-term health outcomes

Your Right to Withdraw from Sex Education (from Sept 2026)



Request

Approval

Alternative

As a parent or carer, you have the right to request that your child is withdrawn from the **additional sex education sessions** delivered beyond the science curriculum. Here is what you need to know:

✓ You CAN withdraw from:

The additional sex education unit taught in Year 6 – *"How do people become parents and carers?"* – which goes beyond the statutory science curriculum.

■ You CANNOT withdraw from:

Relationships Education, Health Education, or any topics taught as part of the science curriculum (including puberty and life-cycles and animal reproduction including humans taught in Y5 science lessons).

What happens if my child is withdrawn?

The headteacher will automatically grant your request. Your child will receive appropriate and purposeful alternative education for the full period of withdrawal.

📍 To request withdrawal, please contact the school office to arrange a meeting with the headteacher, or email office@firsfarm.enfield.sch.uk

How We Work With You

We believe that parents and carers are essential partners in their child's RHE. Here is how we keep you informed and involved:



Full Transparency

You have the right to view all curriculum materials, lesson plans and resources used in RHE – including those used by any external visitors. We will never enter contracts with providers that prevent you from seeing materials.



Advance Notice

Resources are shared with parents ahead of teaching. You will always be informed about what is being taught and when, so you can continue conversations at home.



Regular Consultation


We consult with parents every 1-2 years on the sex education curriculum, and welcome your views at any time through questionnaires, meetings, newsletters and our feedback form.

Parent/carers views are considered by the Governing Body when they review the curriculum and policy.



Open Door Policy

You are welcome to discuss this policy at any time. We invite parent/carers to contact us to address concerns and help you manage conversations with your children about the topics covered.

 You can provide feedback or ask questions at any time by emailing **office@firsfarm.enfield.sch.uk** or using our RSE & PSHE Feedback form.

How the Curriculum Is Kept Safe & High Quality



Safeguarding at the Heart

Pupils learn to recognise and report abuse, understand boundaries and privacy, and know how to seek help from a trusted adult.



Trained Staff

All staff receive regular RHE training. Teachers receive additional training covering confidentiality, sensitive questions and safeguarding. The KAPOW scheme supports delivery.



External Experts

Qualified guest speakers may be invited in. All visitors are vetted, given a copy of this policy, and a teacher is always present. Materials are available for parents to view.



Inclusive for Every Child

Our curriculum is accessible for all pupils, including those with SEND. The SENCO advises staff on adapting teaching to meet individual needs.



LGBTQ+ Inclusion

At Firs Farm we do not have a separate LGBTQ+ topics. Different types of families are taught as part of a broad, inclusive curriculum promoting equality, respect and dignity for all, in an age-appropriate way.



Sensitive to Religious Backgrounds

All topics are delivered sensitively, taking account of pupils' religious backgrounds and complying with the Equality Act 2010.



KAPOW has developed the scheme in conjunctions with RSHE expert Rebecca Jennings of RAISE who has over 18 years delivering age-appropriate education to primary schools.



Quality Checks

Senior leaders conduct annual subject assessments including lesson observations, work scrutiny, pupil self-evaluations and learning walks.



Next Policy Review

This policy is reviewed annually. The next scheduled review is July 2027, or sooner if statutory guidance changes.



Get in Touch

We are committed to working in partnership with you. If you have any questions about the RHE curriculum, would like to view resources, or wish to discuss your child's education, please do not hesitate to contact us.

Email Us

office@firsfarm.enfield.sch.
uk

Feedback Form

Use our RSE & PSHE
Feedback or Question Form
– available on the school
website – to share your
views at any time.

Book a Meeting

Contact the school office to
arrange a meeting with the
headteacher to discuss any
aspect of this policy or your
child's education.

Jun/July consultation: Complete the Jun-Jul Consultation Form. Your views will be discussed at our Full Governing Body Meeting in July.

"At Firs Farm Primary School, we aim to assure parents, carers and pupils that all aspects of RHE will be delivered in a safe space, allowing time and compassion for questions at a level that every pupil understands."

POLICY PLANNED APPROVAL JULY 2026

NEXT REVIEW: JULY 2027

APPROVED BY FULL GOVERNING BODY