



## **PSHE (INCLUDING RSHE) POLICY UPDATE 2025 – CONSULTATION**

Dear parents,

We have recently been reviewing our approach to relationships and sex and health education (RSHE) across the school following the Department for Education new statutory guidance. The new guidance builds on the 2019 curriculum and introduces some new areas of focus.

We have reviewed our Personal, Social, Health and Education (PSHE) policy, aspects of the curriculum and the resources we use. We would like to share this with you and give you the opportunity to give your views and ask any questions.

Schools are legally obliged to teach relationships and health education and the content of this is defined by the Department for Education. We teach this through PSHE (personal, social, health and economic education) lessons which are delivered through directly taught sessions and assemblies once a week.

It is not compulsory for primary schools to teach sex education beyond what is covered in the statutory National Curriculum for Science and in the statutory DFE Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance. At Sacriston Academy, these focusses on the changes that occur during puberty.

This year we will continue to implement the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw, the mindful approach to PSHE. The lessons will build on children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

Relationships Education and Health Education are statutory for all primary schools but we would value the opportunity to share these statutory requirements with you so you are clear about the curriculum we intend to teach the children, why we feel this is so important, and also the aspects parents have the right to withdraw their children from.

Please visit Sacriston Academy website to view the PSHE (including RSHE) curriculum. [75768-pshe-progression.pdf](#)

If you have comments or questions, then please email them to the office, email: [admin@sacristonacademy.co.uk](mailto:admin@sacristonacademy.co.uk) by 30.9.25. when the consultation period will close. We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children, helping to safeguard them, and will look forward to hearing from you and answering any questions you may have.



