



Weare Academy

C of E First School

All Can Achieve

Dear Parents/Carers

18th May 2026

Relationships Education, Health Education and Sex Education at Weare Academy C of E First School

As you may already be aware the Department for Education has made changes to Relationships and Sex Education (RSE) following nationwide consultation. All schools are required to comply to the updated requirements. From September 2021, Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings Relationships Education and Health Education (Department for Education 2019).

The guidance focuses on Healthy Relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, well-being, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up will give children the information, skills and positive values to have safe, fulfilling relationships and help them take responsibility for their own well-being.

If you would like to look at the government guidance in full, it can be found at:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

As a school, we are pleased to say that our children already benefit from weekly PSHE lessons, which develop 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.

Primary Schools can choose whether to teach RSE. The DfE recommends, that all primary schools should have a RSE programme tailored to the age and the physical and emotional maturity of the pupils. RSE will be taught at an age-appropriate level specific to human reproduction and puberty through the Science and PSHE curriculum. We believe this is an

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important part of safeguarding children, as knowledge empowers them, helping them to stay safe and cope with puberty understanding why their bodies will change. Jigsaw incorporates these statutory requirements.

Our PSHE/RSE policy contains information about Jigsaw resources. This is available on the school website under [Weare-Academy-C-of-E-First-School-PSHE-Policy-2023-2026.pdf](#). Our policy also complements the Church of England's recommendations for RSE and respecting inclusivity including the LGBT community. This will be the fourth year that we are teaching the Jigsaw 'Changing Me' puzzle unit to include the new statutory requirements.

If you would like to know more or have any questions, please contact your child's class teacher who can assist you further.

Kind Regards

A handwritten signature in black ink, appearing to be 'Mrs Dover', written in a cursive style.

Mrs Dover, Headteacher