



Selattyn

Selattyn CE Primary School

part of the Marches Academy Trust

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Headteacher: Ross Shepherd

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Dear Families,

As of September 2026, the Personal, Social, Health and Economic (PSHE) curriculum has been updated and is now taught as Relationships, Sex and Health Education (RSHE).

At Selattyn School, we are committed to supporting the personal, social, emotional and physical development of all our pupils. RSHE helps children develop the knowledge, understanding and skills needed to build healthy relationships, maintain positive physical and mental wellbeing, and stay safe both online and offline.

RSHE is taught in an age-appropriate and sensitive manner throughout the primary years. Lessons are designed to support children as they grow, helping them to develop confidence, resilience, respect for others and an understanding of how to keep themselves safe.

The table below provides an overview of the learning that children will experience during their time in primary school.

Year 1	Recognising feelings and emotions, understanding friendships and kindness, identifying trusted adults, keeping safe at home and school, and developing healthy habits and personal hygiene.
Year 2	Positive friendships, respect for others, understanding different families, personal boundaries, online safety and emotional wellbeing.
Year 3	Building healthy relationships, managing emotions, understanding personal space and consent, online communication and digital safety, and how bodies grow and change.
Year 4	Respectful relationships, celebrating diversity, developing resilience and self-esteem, understanding bullying, seeking help when needed and making healthy choices.
Year 5	Learning about puberty and the changes associated with growing up, managing relationships and emotions, personal identity, self-respect, online safety and wellbeing.
Year 6	Preparing for secondary school, healthy and respectful relationships, puberty and reproduction, consent, privacy, personal boundaries, independence and responsible decision making.



Throughout their primary education, children will also learn about friendships, family relationships, respect, kindness, emotions, mental wellbeing, healthy lifestyles, physical health, personal safety and how to access support when needed.

As children progress through the school, they will learn about growing up and the physical and emotional changes associated with puberty. These elements are taught in a factual, age-appropriate way and are complemented by the statutory Science curriculum, which includes learning about human growth, development and reproduction.

Our RSHE curriculum aims to provide children with accurate information while promoting respect, inclusion and understanding. Lessons provide opportunities for pupils to ask questions, reflect on their learning and develop the skills needed to make informed and responsible choices as they grow older.

We recognise that parents and carers are children's first and most important educators. We value working in partnership with families and encourage open conversations at home about the topics covered in school. By working together, we can ensure that children receive consistent messages that support their wellbeing and development.

Relationships Education and Health Education form a statutory part of the curriculum and all pupils are expected to participate. Parents have the right to request that their child be withdrawn from any non-statutory sex education content delivered outside of the National Curriculum for Science.

We would also like to inform you that consultation on the Marches Academy Trust's new Relationships, Sex and Health Education (RSHE) Policy is currently underway. Families will have the opportunity to review the proposed policy and provide feedback. Information about how to participate in the consultation, along with details of how to access the draft policy and submit your comments, will be sent to you in a separate letter.

Thank you for your continued support.

Yours sincerely,

Kind regards

Mr R.E. Shepherd