



PSHE and RSE – Parent/Carer Information Sheet

What is PSHE and RSE?

PSHE (Personal, Social, Health and Economic Education) helps children learn how to manage their feelings, build healthy relationships, keep themselves safe, and understand the world around them.

RSE (Relationships and Sex Education) is part of PSHE. It teaches children about friendships, families, growing and changing, and how to stay safe and respectful in relationships.

At St Mary's, our PSHE and RSE teaching reflects our Christian values of:

Thankfulness • Community • Compassion • Truthfulness • Courage • Forgiveness

What scheme do we use?

We use the Kapow Primary PSHE scheme, which is specially designed for primary schools, including those with mixed-age classes like ours. It meets all statutory government guidance for Relationships and Health Education and supports our Christian ethos.

How do we ensure lessons are appropriate?

Lessons are taught in a safe and respectful way, using age-appropriate language.

Teaching is always inclusive and sensitive, reflecting our Christian values.

Parents are informed before any lessons about body changes or puberty.

Children are encouraged to ask questions and to speak to trusted adults if they have concerns.

What topics are covered?

Your child will learn about:

- ✓ Friendships and families
- ✓ Respecting others and celebrating differences
- ✓ Staying safe online and offline
- ✓ Mental and physical wellbeing
- ✓ Growing and changing (including puberty in Years 4–6)
- ✓ Money, rights and responsibilities

We also teach about British Values such as democracy, liberty, and mutual respect.

Can I withdraw my child from RSE lessons?

You cannot withdraw your child from Relationships or Health Education, as this is compulsory.

You can request to withdraw your child from any non-statutory sex education (we do not teach this beyond the science curriculum).

Please contact the Headteacher to discuss any concerns.

Want to know more?

✉ Contact the school office to view our full PSHE and RSE policy.

🌐 Visit our school website for curriculum overviews.

☎ Speak to your child's teacher or our PSHE/RSE Lead if you have any questions.

