



Lovington Church of England Primary School

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Wednesday 10th June 2026

Dear Parents and Carers,

We are writing to inform you about upcoming developments to Relationships and Sex Education (RSE) and to invite you to take part in a parent consultation as we review and update our school's RSE policy in line with revised Department for Education (DfE) guidance.

From September 2026, schools will be required to teach the updated 2025 DfE guidance for Relationships, Sex and Health Education. The revised guidance places a greater emphasis on helping children develop the knowledge, understanding, and life skills needed to build positive relationships, manage their wellbeing, and stay safe in an increasingly digital world.

The updated guidance strengthens teaching around safeguarding, emotional wellbeing, online safety, respectful relationships, and personal responsibility. It also supports schools in helping children develop confidence, resilience, empathy, and the skills needed to communicate their feelings and seek support when necessary.

At our school, we believe that children learn best when sensitive topics are taught through open, honest, and age-appropriate conversations within a safe and supportive environment. Our PSHE and RSE curriculum aims to support children's personal development, wellbeing, and emotional health, while helping them to understand relationships, friendships, personal safety, and the physical and emotional changes they experience as they grow.

To support this learning, we currently use the KAPOW Primary PSHE and RSE programme. KAPOW provides a carefully planned and progressive curriculum specifically designed for primary-aged children. The programme encourages pupils to develop the knowledge, vocabulary, and confidence needed to understand themselves, build healthy relationships, and make safe and informed choices.

The curriculum includes learning about:

- Families and caring relationships
 - Friendships and respectful behaviour
 - Emotional wellbeing and mental health
 - Personal safety and safeguarding
 - Online relationships and digital safety
 - Healthy lifestyles
 - Growing up and changing
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The DfE also encourages primary schools to include age-appropriate sex education in Years 5 and 6, helping children prepare for puberty and the transition to secondary school. Research shows that providing children with accurate, age-appropriate information at the right time can help reduce anxiety and support children in feeling more confident and prepared for the changes they may experience.

Within the KAPOW curriculum, this learning is delivered through the “Growing Up” units taught in Upper Key Stage 2. These lessons are carefully designed to be sensitive, age-appropriate, and informative, helping children to understand physical and emotional changes in a safe and supportive way. Parents and carers will be informed before these lessons are taught and will have the opportunity to view the teaching materials and ask questions.

KAPOW also provides teachers with clear guidance to ensure sensitive topics are approached carefully and appropriately. Lessons include signposting for teachers, highlighting potential sensitivities in advance and offering guidance on suitable language, ways to introduce topics sensitively, and how to support pupils who may find aspects of the learning difficult.

Sensitive topics are often explored through stories, scenarios, and fictional characters rather than focusing on children’s personal experiences. These characters represent a wide range of families, backgrounds, and experiences, helping pupils explore important themes at a safe distance while still developing empathy, understanding, and kindness towards others.

Clear ground rules are also established within PSHE and RSE lessons to create a respectful and supportive learning environment. Pupils are encouraged to listen carefully to others, use appropriate language, and understand that different families, experiences, and viewpoints exist. Children are never expected to share personal information, and participation in discussions is always handled sensitively and appropriately.

RSE also plays an important role in safeguarding children. Through learning about body boundaries, consent, trusted adults, and appropriate and inappropriate touch, children are better equipped to recognise unsafe situations and know how to seek help if needed. Evidence also shows that children with strong emotional health and wellbeing are more likely to engage positively in school life and achieve academically.

We recognise that parents and carers are the primary educators of their children in matters relating to relationships and health, and we are committed to working in partnership with you. Throughout the year, you will receive information about the themes your child will be learning so that conversations can be supported at home if you wish. You can also read general information about the scheme, including what is taught, its benefits, parents’ rights and frequently asked questions by visiting:

<https://www.lovingtonprimary.co.uk/learning/curriculum/pshe-rse>

As part of reviewing and updating our RSE policy, we are both required, and keen, to consult with parents and carers. Your views are an important part of this process and will help ensure that our policy remains inclusive, appropriate, and reflective of our school community. There will also be opportunities for you to view resources and provide feedback.

For the remainder of this academic year, we will continue to follow the current statutory guidance from 2019, which is reflected in our existing RSE policy available on the school website. Our revised policy will be finalised later this term ahead of implementation in September 2026.

Information about how to take part in the consultation will be shared with you shortly. In the meantime, we would welcome your views and feedback on the teaching of RSE. Please go to to complete a short survey that will help inform our policy review process. Please can all surveys be completed by Friday 19th June. Access the survey here: <https://www.lovingtonprimary.co.uk/learning/curriculum/pshe-rse>

If you have any questions, would like further information, or wish to view the teaching resources, please do not hesitate to contact your child's class teacher.

Thank you for your continued support. We greatly value working in partnership with parents and carers to ensure our children are informed, supported, and well prepared as they grow and develop.

Yours sincerely,

Emma Marshall and Meg Small

Headteacher and PSHE/RSE Lead

Mrs Emma Marshall and Mrs Meg Small

