ST THOMAS MORE CATHOLIC PRIMARY SCHOOL

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Christ is the centre of our school community where we live, love and learn together.

Friday 10th July 2026

Dear Family,

We are writing to inform you about updates to the statutory **Relationships, Health and Sex Education (RHSE)** curriculum that all primary schools in England are required to teach.

The Department for Education has recently updated its statutory guidance to ensure that what children learn reflects the world they are growing up in today and supports their safety, wellbeing and personal development. Schools are required to implement this updated guidance from **September 2026**. Here at **St Thomas More Catholic Primary School**, we will begin carefully adapting our teaching materials from the **Summer Term 2026**.

We would like to reassure families that the **core content** we already teach around relationships, health and growing up remains fundamentally the same. The updated 2025 guidance **does not** introduce new areas of learning but instead strengthens and clarifies existing expectations, ensuring that materials are current, appropriate and effective.

Sex education is not statutory in Key Stage 1 or Key Stage 2. However, learning about how bodies grow and change, including the basic changes associated with puberty, is a required part of the science and health curriculum. At our school, children are taught this content in an age-appropriate way, in line with national curriculum requirements. There will be no additional teaching related to puberty or sex education beyond what is already included within our existing curriculum.

What is changing?

The updated RHSE guidance is **not a complete overhaul**, but it places greater emphasis on several key areas that support children's safety, wellbeing and personal development, within the context of our Catholic values.

1. **Personal safety and safeguarding**
   Children will learn more explicitly about keeping themselves safe, including:
   - Understanding personal boundaries and consent in age-appropriate ways
   - Using correct names for body parts to support safeguarding
   - Knowing how to seek help from trusted adults
   - Staying safe in everyday situations, such as online activity, road safety and water safety

2. **Online safety and digital wellbeing**
   There is a stronger focus on helping children navigate the online world safely, including:
   - Understanding how online activity can affect wellbeing
   - Recognising unsafe or inappropriate content
   - Knowing how to protect personal information
   - Understanding age limits and appropriate behaviour online

3. **Relationships and communication**
   The curriculum places greater emphasis on:
   - Building healthy friendships and family relationships
   - Respectful behaviour, kindness and empathy
   - Managing emotions and resolving conflict
   - Developing confidence to express feelings and ask for help

4. **Mental health and wellbeing**
   Children will learn that:
   - It is normal to experience a wide range of emotions
   - Feelings such as worry, sadness or stress can be managed in healthy ways
   - Change, loss and bereavement affect people differently

Working with parents and carers
At St Thomas More Catholic Primary School we are committed to working in close partnership with parents and carers. Our RHSE policy and curriculum map will continue to be available on the school website.

Please see below the link, username and password to access the TenTen parent platform so that you can view materials at home. This allows families to explore the content independently and may reduce the need to attend school in person, although you are of course always welcome to do so if you would prefer to discuss materials face-to-face with staff.

https://www.tentenresources.co.uk/support/account-access/
Username - st-thomas-more-b26
Password - brick-wall-8

We would be grateful if parents could access the parent consultation online form so we can understand your views. Please complete this by **Friday 10th July 2026**

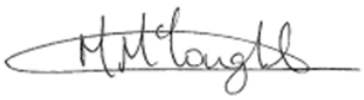
https://forms.cloud.microsoft/e/UMgMd53P6U

We hope that our approach not only assures you about the new programme of resources we are going to use but will also be an important and exciting opportunity for our entire school community.

If you have any questions or would like further information, please do not hesitate to contact the school.

Thank you for your continued support.

Yours faithfully,



Mr M McLoughlin
Principal