

Water Primary School

Happiness, Health & Opportunity

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Friday 11th September 2026

Dear Families

Department for Education (DfE) statutory requirements for Relationships and Health Education (2025)

From September 2026, schools will be required to teach the 2025 revised guidance for Relationships and Health Education. **The DfE also strongly encourages primary schools to deliver sex education in Years 5 and/or 6 to help prepare children for their transition to secondary school. Water Primary school teaches Sex Education in the Summer Term to our Year 6 children. This is taught by their class teacher, Miss Launder. Please note that parents have the right to withdraw their child from this lesson but it is strongly advised that children participate.**

The updated guidance gives a stronger focus on developing skills, as well as knowledge, particularly in navigating a complex, digital world safely and healthily. The guidance recognises there isn't a one-size-fits-all approach and that flexibility will help schools to meet the needs of their pupils best.

The guidance has been strengthened with a focus on supporting boys to develop a positive sense of masculinity, benefiting both boys and girls by ensuring harmful stereotypes are challenged, thus improving boys' mental health by enabling emotional expression and promoting help-seeking behaviours.

This will go some way to supporting children to develop positive relationships, including skills for navigating boundaries with kindness and respect, to put in the early preventative work to tackle sexual violence and abusive behaviour. Schools continue to be bound by the statutory guidance from 2019, and will have until September 2026 to adapt their curricula to reflect this new guidance. Water Primary has already implemented and adapted their curriculum to reflect the new guidance.

At our school we are using the leading children's health and wellbeing charity, Coram SCARF to support us in meeting these legal requirements. We do this in two ways:

- A visit from a trained educator who will deliver aspects of the Relationships Education and Health Education programme



- Using Coram SCARF's online teaching resources to each Year group on a weekly basis.

More information about Coram SCARF and their resources can be found on their website:

<http://www.coramscarf.org.uk/>

Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be. Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life. This updated guidance stipulates that puberty education including menstruation must start at eight years old to help children understand what to expect and avoid distress.

We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely online, they are better able to enjoy their friendships and therefore focus more at school.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. Research on quality Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team consistently shows that men and women who reported that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source.

We recognise that parents play a vital part in their child's RSE, and we encourage you to discuss these themes with your child at home as well. If further advice or support is required, or if you have any questions about the programme or would like to view the resources, please don't hesitate to speak to your child's class teacher, Miss Launder, our PSHE lead or Miss McKay.

Lastly, please find attached a Learning Journey for KS1 and KS2 for your information.

[Miss Launder will be holding a Parent Forum regarding our PSHE Curriculum on Wednesday 23rd September 2026 at 3.30pm. If you wish to attend, please let the school office know by emailing \[enquiries@water.lancs.sch.uk\]\(mailto:enquiries@water.lancs.sch.uk\)](#)

If you have any questions at all regarding any aspect of this letter, please do not hesitate to contact us – you can also find information here [Relationships, sex and health education: guides for parents - GOV.UK](#)

Yours faithfully

Miss Launder
PSHE Lead

