

Relationships & Health Education

A GUIDE FOR PARENTS



Ongar
Primary
School



The Department for Education's revised statutory RHSE guidance comes into effect from September 2026.

Relationships and Health Education are a **compulsory** part of the school's PSHE curriculum. The curriculum is organised around two main areas:

- Relationships
- Health and Wellbeing

Many aspects remain unchanged in the new guidance , but there is an increased focus on online safety, personal safety, wellbeing, healthy relationships and preparing children for modern life.

Schools have freedom to decide how to teach the curriculum but must teach in a way that is:

- Appropriate for your child's age and development stage.
- Sensitive to the needs and religious backgrounds of the children in your child's school.

Why have the curriculum updates been introduced?

Children are growing up in a rapidly changing world. The updated curriculum helps ensure they are well prepared to build healthy relationships, stay safe, look after their physical and mental wellbeing, make informed choices both on and offline.

The curriculum aims to:

- Help children stay healthy, safe and happy
- Teach children how to build positive and respectful relationships
- Develop children's understanding of physical and mental wellbeing
- Support children to recognise risks and how to seek help when needed
- Prepare children for life in modern Britain and beyond.

Relationships Education

The Relationships part of the curriculum will teach the children what they need to learn to build positive, safe and respectful relationships:

- With family.
- With friends.
- Online.

Children will learn how to form and maintain healthy relationships, develop kindness, respect and empathy, understand healthy boundaries, communicate effectively, manage disagreements positively and recognise when a relationship may be unhealthy. They will also learn that everyone can feel lonely at times and how to seek support for themselves or others when needed

The school will teach in a way that is appropriate to your child's age and will look at these questions:

- What is a relationship?
- What is friendship and what makes a good friendship?
- What is family?
- How can we show kindness and respect to others?
- Who can your child turn to for help and support?



Relationships Education

What will my child have been taught by the end of primary school?

By the time your child finishes primary school, they will have been taught about the following in Relationships Education:

- Families and people who care for me
- Caring friendships
- Respectful and healthy relationships
- Managing disagreements and resolving conflict positively.
- Keeping themselves and others safe
- Know when and how to seek help and support



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Relationships and Health Education A Guide for Parents



Health and Wellbeing

The health and wellbeing part of the curriculum helps children develop the knowledge and skills they need to make informed choices about their physical and mental health.

Children will learn how to:

- Make positive choices that support their own health and wellbeing.
- Understand and manage their emotions and recognise a range of feelings in themselves and others
- Build resilience and develop strategies to cope with change, challenge and loss.
- Understand how to stay healthy and safe, both online and offline.
- Recognise risks and know when and how to seek support for themselves and others.

Physical Health and Wellbeing

What will my child have been taught by the end of primary school?

By the time your child finishes primary school, they will have been taught about the following in Health and Wellbeing Education:

- Mental health and emotional wellbeing
- Online Wellbeing and the safe use of technology
- Physical health and fitness
- Healthy eating and healthy lifestyles
- Looking after their teeth.
- Drugs, alcohol, tobacco and vaping
- Personal safety (includes hazards such as water and rail safety as well as basic first aid)
- Recognising risks and knowing when and how to seek help or support.



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Schools complement and reinforce what parents teach

As a parent, **you** teach **your child** important lessons about:

- Healthy relationships.
- How to look after themselves.
- Staying safe.

Our curriculum is designed to support and build on these important lessons. We work in partnership with parents and carers to ensure that learning in school compliments and reinforces learning at home

Obligations on Schools

- **We, as your child's school, must** teach in a way that reflects the age and religious background of the pupils.
- **We must** consult you as a parent when developing and renewing our policy on Relationships and Health Education.
- **We must** publish our policies on Relationships and Health Education online and make them available to you free of charge.
- **We will** provide information about what is taught and provide information about content and resources when requested.

You can express your opinions as a parent. Your opinions may help us to decide:

- **How and when** to cover compulsory content.
- **Whether** to teach **additional** non-compulsory content.

If, following this information and review of the policy and guidance, you have opinions you wish to share,

please do contact the school in writing or via email to share your thoughts: admin@ongar-pri.essex.sch.uk

Can I withdraw my child from the new Relationships and Health curriculum?

You **cannot** withdraw your child from any part of the Relationships and Health Education curriculum as these are statutory parts of the curriculum.

It is important for ALL children to be taught the content on such essential matters like friendships and keeping safe.

Any non-statutory Sex education taught in our school is separate from the Relationships and Health Education. You **can request** to withdraw your child from some or all of the lessons on Sex Education. The head teacher must grant your request to withdraw your child. However, before making this request you should be aware:

- Ongar Primary School will not go beyond the compulsory Relationships & Health Education with additional Sex Education content so there should be no need for withdrawal from our provision.
- Remember that the science curriculum in all maintained schools includes content on human development, which includes human reproduction. There is **no right** for a parent to withdraw their child from the science curriculum.
- More detailed and specific content is generally addressed at Secondary School level.

I want to know more...

If you want to know more about what will be taught as part of the new Relationships and Health Education curriculum, the best thing to do is speak to us at school. We are always happy to discuss what children will learn and answer any questions you may have.

At Ongar Primary we follow the **Kapow scheme of work** supported by additional resources and materials from the **PSHE Association** and **the Department for Education**.

You can also look at our website for our policy by following this link: <https://www.ongarprimaryschool.co.uk/School-Policies/>

Or read the curriculum information on our website.

<https://www.ongarprimaryschool.co.uk/Curriculum/>

Or search online at: <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

In line with the original government guidance and statutory launch date, Ongar Primary School has reviewed our curriculum to ensure it meets these requirements and supports our children to build healthy relationships, maintain positive wellbeing and stay safe.

