

Dear Parents/Carers,

Personal, Social, Health and Economic (PSHE) Education – Summer Term Update and Parent Information Meeting

At Enfield Heights, we are committed to providing high-quality PSHE education that supports your child's personal development and wellbeing. We value working in partnership with families and want to keep you fully informed about both our curriculum and any upcoming developments.

Reviewing our PSHE provision

We are currently reviewing our PSHE curriculum in line with the Department for Education's updated statutory guidance for Relationships, Sex and Health Education (published in 2025 for implementation from September 2026). This provides an opportunity to ensure our curriculum remains relevant, up to date and reflective of the world children are growing up in, while maintaining our strong focus on age-appropriate knowledge and essential life skills.

At Enfield Heights, we use the Jigsaw programme as our PSHE scheme of work. This consists of six half-term units, known as 'Puzzles': Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. These units build progressively across the school, supporting children to develop emotional literacy, resilience and an understanding of healthy relationships.

The updated guidance strengthens this approach, allowing us to refine and adapt content to best meet the needs of our school community.

Statutory requirements

Relationships Education and Health Education have been statutory in all primary schools since September 2020. These subjects are a statutory entitlement for all pupils, meaning children cannot be withdrawn from this content.

Parents do, however, retain the right to request withdrawal from specific non-statutory Sex Education lessons (focused on human reproduction), which are taught in Year 5 and Year 6. There is no right to withdraw from human reproduction content taught within the statutory Science curriculum.

Summer term PSHE content

During the summer term, all year groups from Reception to Year 6 will take part in PSHE lessons focused on:

- **Relationships (first half term):** Children will learn about friendships, family relationships, respect, and how to stay safe, including online.
- **Changing Me (second half term):** Children will learn about growth and change, including life cycles, body changes and, for older pupils, puberty.

Content is carefully matched to children's age and stage of development:

- **Early Years and Key Stage 1:** Focus on life cycles, growing up, naming body parts (including correct anatomical language), and understanding privacy and safety.
- **Key Stage 2:** Includes learning about puberty, physical and emotional changes, menstruation, hygiene, and how to manage these changes confidently.

In Years 4–6, some lessons may be taught in single-sex groups where appropriate, particularly when covering aspects of puberty.

All lessons are delivered by class teachers in a sensitive, age-appropriate way. If children ask questions beyond the planned content, teachers will respond appropriately and may encourage further discussion at home.

Working in partnership with you

We recognise that parents and carers play a vital role in supporting children's understanding of these topics. Children may come home with questions about their learning, and this is a positive sign of engagement. To support this partnership, we would like to invite you to a parent information meeting where you can view the teaching materials and ask any questions:

- **Date:** Friday 1st May 2026
- **Time:** 9:00am
- **Venue:** School Hall, Enfield Heights Academy

If you are considering withdrawing your child from the non-statutory Sex Education lessons, you must contact the school to arrange a meeting with the headteacher.

Further information about this term's learning can be found in the curriculum maps shared separately. Our PSHE policy is also available on the school website.

If you have any questions or would like to discuss any aspect of the curriculum, please contact your child's class teacher or the school office.

Thank you for your continued support.

Kind regards,
Miss Cooper
PSHE Lead