Newsome Academy
Everyone Exceptional Everyday

Our PSHCE and RSHE Curriculum – September 2026

Dear Parents and Carers,

We believe that promoting the health and wellbeing of our students is an important part of their overall education. We do this through our personal, social, health and emotional (PSHCE) curriculum, including citizenship. PSHCE covers many topics including all kinds of relationships, physical/emotional health, and the skills needed to live in a wider world. The aim of our PSHCE curriculum is to help students make safe and informed decisions during their school years and beyond.

Relationships, sex and health education (RSHE) is the statutory element of our PSHCE curriculum and all schools in England are required to teach these topics and follow the Department for Education (DfE) guidelines. To help you understand the curriculum requirements we need to meet, please look at the RSHE Policy on our Academy website here where you can read the full Trust policy, parental guidance and see which topics are covered in each year group.

Above all, we ensure the curriculum is appropriate for our students based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and/or disabilities

The content is taught and discussed in dedicated RSHE seminars and team time sessions, as well as theme and awareness days/events throughout the year. During these lessons, students will be able to ask questions, which will be answered factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

RHSE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides students with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. Today, students are exposed to so many incorrect messages about their bodies, relationships, and expectations. The prevalence of sexual images on social and other media makes it important that all young people have a place to discuss pressures, check facts, dispel myths, and ultimately feel safe.

RSHE/PSHCE is a carefully planned curriculum and is there to ensure our students can navigate the world around them safely. An uninformed child is often a child left vulnerable, and we want to empower our students. Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, which are thoroughly listed in the policy, please do not hesitate to contact me at school through this dedicated email RSHE@newsomeacademy.co.uk.

Yours faithfully,

Mrs K. Stokes

(Assistant Head Teacher)