

RSHE: A Guide for Parents and Carers

WOODLANDS PRIMARY SCHOOL HEDGEHOGS NURSERY & SUNBEAMS CLUB

Why we teach RSHE

We help children build healthy friendships, respect themselves and others, understand growing up, recognise unsafe situations and know how to ask for help. Learning is age-appropriate, inclusive and linked to our values. Reception learning is rooted in the EYFS and personal, social and emotional development.

What will my child learn?

Woodlands uses the 2026 sixth edition of the Christopher Winter Project Teaching RSE with Confidence in Primary Schools as one part of our wider PSHE, science, online safety and personal development curriculum. The outline below is based on the publisher's curriculum overview.

Year / theme	CWP 2026 overview: lesson titles
Reception - My body, my relationships	Caring Friendships; Being Kind; Different Families; My Body My Choices
Year 1 - Growing up, staying safe	Different Friends; Growing and Changing; Body Safety (Online and Off); Families and Care
Year 2 - Differences	Gender Stereotypes; Male and Female; Naming Body Parts; My Body Belongs to Me
Year 3 - Valuing difference and keeping safe	Body Differences; Personal Space and Consent; Families and People Who Help Us; Staying Safe and Getting Help Online
Year 4 - Growing up with respect	Changes; What is Puberty?; Healthy Friendships; Valuing Difference
Year 5 - Puberty and personal boundaries	Talking about Puberty; The Reproductive System; Puberty, Help and Support; Respect Boundaries and Being an Upstander
Year 6 - Puberty, relationships and reproduction	Puberty and Reproduction; Communication and Consent in Relationships; Families, Conception and Pregnancy; Communication and Respect in Relationships and Online

Is everything in the table compulsory?

No. Relationships Education and Health Education are statutory, as is the National Curriculum for science; parents cannot withdraw their child from these. Woodlands also proposes additional, age-appropriate sex education in Year 6, including human conception, pregnancy and birth. Parents may request withdrawal from some or all of this additional content. We will identify the exact teaching and share the relevant learning objectives and materials with Year 6 parents before it takes place. Not every topic mentioned in a Year 6 lesson is automatically additional sex education.

How will you support children with SEND or additional needs?

Children in mainstream and Specialist Inclusion Base provision receive accessible teaching, adapted to developmental needs without losing important safety learning. Staff may use visual supports, social stories, simpler language, pre-teaching, repetition, small groups and sensory adjustments. EAL pupils are supported with vocabulary and explanations.

How are lessons kept safe and respectful?

Teachers use agreed ground rules, accurate vocabulary and age-appropriate resources. Children are not asked to disclose personal experiences. Staff respect different family circumstances and beliefs, challenge prejudice and follow safeguarding procedures if a concern arises.

How can I ask questions or request withdrawal?

Contact your child's class teacher with questions or to arrange to view appropriate resources. For additional Year 6 sex education, write to the Headteacher via the class teacher, identifying the content concerned. We will offer a discussion and arrange supervised alternative learning if you request withdrawal. You do not need to give a reason.

Working together

Parents and carers are children's first educators. We welcome constructive discussion and will share information before additional Year 6 sex education is taught. We want children to receive consistent, accurate messages about respect, safety, wellbeing and growing up.

Quick reference

Relationships Education: statutory - no right of withdrawal.

Health Education: statutory - no right of withdrawal.

National Curriculum science: statutory - no right of withdrawal.

Additional primary sex education: parental right to request withdrawal.

This parent guide accompanies the full Woodlands RSHE Policy 2026–2027.