



Our ref: SH.CG.SB

1st May 2026

Relationships Education, Relationships and Sex Education (RSE) & Health Education

Dear Parents and Carers

We are writing to inform you about updates to the statutory Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance, which all schools in England are required to follow from September 2026.

The Department for Education has updated the guidance to ensure that teaching reflects the realities of children's lives today and continues to support their wellbeing, safety and development.

Much of what we already teach remains the same, but there are some important areas of increased emphasis and clarification, which we summarise below.

From **September 2026**, schools will follow updated government guidance for Relationships, Sex and Health Education (RSE). Most learning stays the same, but there are some clearer priorities:

More focus on keeping children safe

Pupils will learn more about personal safety, boundaries, and how to get help if something worries them.

Stronger teaching about online safety

This includes understanding online risks, protecting personal information, and thinking critically about what children and young people see online.

Greater emphasis on mental health and wellbeing

Children will learn about emotions, coping with change and loss, and where to find support. Older pupils will also learn about mental health and suicide prevention in a careful, age-appropriate way.

Teaching about different families and healthy relationships

Lessons will reflect that families can look different, including same-sex parents, and will continue to focus on kindness, respect and healthy relationships.

Contact us



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Cambridge Park Academy

Character - Preparation - Achievement

Clear, factual teaching about sex, gender and the law

Schools will teach the facts about biological sex and the law respectfully and without promoting particular viewpoints.

No fixed ages for specific topics

Schools will decide when to teach subjects based on what is age-appropriate and in pupils' best interests.

More openness with parents and carers

Schools are expected to clearly share what is taught and consult parents about RSE.

What this means for our school

We are currently reviewing our RSE curriculum and policy to ensure it fully meets the updated statutory guidance while remaining appropriate to our pupils and consistent with our school values.

We would like to reassure you that:

- RSE will always be taught in a sensitive, inclusive and age-appropriate manner
- Safeguarding and pupils' wellbeing remain at the heart of our approach
- Parents' views are important, and we will continue to communicate openly about our curriculum

Further information, including opportunities for consultation and access to our updated policy, will be shared with you in due course.

If you have any questions in the meantime, please do not hesitate to contact the school.

Thank you for your ongoing support.

Yours sincerely

S.Hunter and C.Green

Mr S Hunter and Miss C Green

PSHE and RSE subject leads

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