



Orchard Primary
& PRE-SCHOOL

10 July 2026

Dear Parents/Carers

Relationships and Health Education (RHE)

From September 2026, all schools will be required to follow the Department for Education's updated Relationships and Health Education guidance. Primary schools are also encouraged to provide sex education in Years 5 and 6 to help children prepare for secondary school.

The updated guidance places a greater focus on helping children develop the skills and knowledge they need to build healthy relationships, look after their wellbeing, and stay safe both online and offline. It also supports children in challenging harmful stereotypes, developing respect for others, and understanding healthy boundaries.

At our school, we use **Coram SCARF**, a leading children's health and wellbeing charity, to help deliver this important learning. This includes:

- Sessions delivered by a trained educator.
- Age-appropriate online teaching resources.

You can find out more about Coram SCARF at: <http://www.coramscarf.org.uk/>

Why is this important?

Research shows that good Relationships and Health Education helps children:

- Understand the physical and emotional changes of growing up.
- Develop positive relationships and healthy friendships.
- Improve their mental health and wellbeing.
- Stay safe from abuse by knowing about personal boundaries, appropriate and inappropriate touch, and how to seek help from a trusted adult.
- Use the internet and social media safely and responsibly.

Children who feel healthy, safe and supported are also more likely to do well at school.

The updated guidance requires children to learn about puberty, including menstruation, from the age of eight. This helps ensure children understand the changes they may experience and reduces unnecessary worry or confusion.



Avonreach

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Working together

We recognise that parents and carers play a vital role in supporting their child's understanding of relationships, health and wellbeing. We encourage you to discuss these topics at home and continue conversations with your child as they grow.

To support us in our curriculum development, we would be grateful if you could complete this questionnaire:

[Relationships and Sex Education \(RSE\) Consultation Orchard Primary – Fill in form](#)

If you would like more information, have any questions, or would like to see the teaching materials, please contact your child's class teacher or myself.

Kind regards

Sarah Bitcon
Head Teacher