



'Spurring each other on with love'

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Headteacher: Mrs Tameka Hue Hamilton

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Dear Parents and Carers,

We are pleased to introduce our new PSHE and RSHE programme, 1decision, which we will be using across school this year.

PSHE (Personal, Social, Health and Economic education) and RSHE (Relationships, Sex and Health Education) are an important part of our curriculum. They help children to develop the knowledge, understanding and skills they need to stay safe, look after their wellbeing, build positive relationships and make responsible choices.

We have chosen 1decision because it provides a clear, age-appropriate programme which supports our school values and enables us to deliver the statutory requirements for Relationships and Health Education in a consistent and engaging way.

What will children learn?

Across the year, children will explore topics including:

- friendships and positive relationships
- managing emotions and feelings
- keeping ourselves safe, including online
- healthy lifestyles and wellbeing
- making choices and understanding consequences
- respect, kindness and inclusion
- recognising and responding to different situations



- growing and changing
- developing confidence and independence.

Lessons will be carefully matched to the children's age and stage of development. Children will have opportunities to discuss scenarios, consider different choices and develop strategies for situations they may encounter in everyday life.

The new statutory guidance

From 1 September 2026, schools in England are following revised statutory guidance for Relationships Education, Relationships and Health Education. At primary school, Relationships Education and Health Education are statutory. Sex education beyond the National Curriculum for Science is not compulsory at primary school, although schools may choose to teach age-appropriate content. (GOV.UK)

As a Church of England school, we will also ensure that our teaching reflects our Christian ethos and values and is sensitive to the religious and cultural backgrounds of our children.

Parents and Carers

We believe that parents and carers are important partners in supporting children's personal development. We want to be open and transparent about what we teach and the resources we use.

Our RSHE Policy, curriculum information and further details about what children learn can be found on the school website. We encourage you to take a look at these documents so that you are familiar with our approach.

There is no right to withdraw children from Relationships Education or Health Education, as these are statutory parts of the primary curriculum. Where a primary school chooses to provide additional sex education beyond the statutory requirements, parents have the right to request that their child is withdrawn from this content. (GOV.UK)

If you have any questions about our PSHE/RSHE curriculum, the 1decision programme or the content your child will be taught, please contact the school. We are always happy to discuss this with you.

Thank you for your continued support in helping us equip our children with the knowledge, confidence and skills they need to flourish.

Kind regards,

The Bickleigh School Team

