BISHOP WILSON

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Friday 2nd October 2026

Dear Parent/Carer,

PSHE and Relationships, Sex and Health Education (RSHE) – Curriculum Update for September 2026

At Bishop Wilson C of E School, we are committed to providing high-quality Personal, Social, Health and Economic (PSHE) education that supports every child's personal development, wellbeing, health, safety, and relationships. The Department for Education (DfE) has published revised statutory guidance for Relationships Education, Relationships and Sex Education (RSHE) and Health Education, which came into effect on 1 September 2026. As a school, we have reviewed our PSHE and RSHE provision and updated our policy and curriculum accordingly. We continue to use **Jigsaw,** the mindful approach to PSHE, as our whole-school programme. Jigsaw has comprehensively updated its 3–11 programme to reflect the 2025 DfE guidance, including new and revised content, lessons and curriculum mapping.

What are the key updates for 2026?
The updated guidance places a continued emphasis on giving children the knowledge, understanding and skills they need to stay healthy, safe and develop positive relationships. It also strengthens and expands some areas of learning. For our children, the key areas of development within our updated curriculum include:

- **Healthy relationships and respect**
  Children will continue to develop their understanding of respectful relationships, kindness, boundaries, consent, communication and how to treat others with dignity and respect.
- **Staying safe**
  There is a stronger emphasis on helping children recognise unsafe situations, understand appropriate boundaries and know how and where to seek help and support.
- **Mental health and emotional wellbeing**
  The updated guidance strengthens the focus on mental wellbeing, helping children to recognise and talk about emotions, develop coping strategies and understand when and how to seek support.
- **Online safety and the digital world**
  Children will continue to develop their understanding of how to stay safe online, including the importance of privacy, respectful behaviour and seeking help when something online makes them feel uncomfortable or unsafe.
- **Healthy lifestyles**
  The curriculum continues to develop children's understanding of physical health, including healthy lifestyles, nutrition, exercise, sleep, personal hygiene, medicines and other aspects of staying healthy.
- **Puberty and growing up**
  Learning about physical and emotional changes associated with growing up remains an important part of the

curriculum. This is taught progressively and, in an age-appropriate way, ensuring that children receive the information they need at each stage of their development.

• Recognising and responding to harmful behaviour

The updated guidance places greater emphasis on helping children understand inappropriate behaviour, prejudice, harassment, and harmful behaviour, and on knowing how to respond and seek help.

How will this work at Bishop Wilson?

Our curriculum will continue to follow the **Jigsaw** programme, which is structured into six half-termly units:

- **Being Me in My World**
- **Celebrating Difference**
- **Dreams and Goals**
- **Healthy Me**
- **Relationships**
- **Changing Me**

The updated Jigsaw programme builds on the curriculum that our children already know. The changes therefore represent a development and strengthening of our existing provision, rather than a completely new approach.
As a Church of England school, our approach is also underpinned by our Christian values. We aim to help children understand themselves and others, develop respectful and positive relationships, make safe and healthy choices and recognise the dignity and worth of every individual.

Information for parents and carers

To help you understand our approach, we are sharing the following documents with you:

- **Bishop Wilson C of E School PSHE and RSHE Policy 2026**
- **PSHE and RSHE Curriculum Map**, showing the areas of learning covered across the different year groups.

We encourage you to take the opportunity to read these documents so that you are familiar with the content and progression of our PSHE and RSHE curriculum.

Your views matter.

We recognise that parents and carers have an important role in supporting their children's personal development and understanding of relationships, health, and wellbeing. We would therefore welcome your views on our updated policy and curriculum. We have created a short **Parent/Carer Consultation Questionnaire** to give you an opportunity to share your thoughts, ask questions and provide feedback.

Parent/Carer PSHE and RSHE Consultation Questionnaire, Please complete by Friday 9th October.

Complete the Parent/Carer Consultation Questionnaire

Your feedback will be considered as part of our review and will help us to ensure that our provision continues to meet the needs of the children and families within our school community.

We hope that the information provided, together with the policy and curriculum map, will help you to understand our approach and feel confident in the education and support we provide for your child. Thank you for taking the time to read the information and for sharing your views with us, and for your continued support and partnership.

Kind regards,

Mrs Walsh
PSHE Lead
Bishop Wilson C of E School

National Nurturing School Award 2025