



**GRETTON
PRIMARY
SCHOOL**

**Gretton
Cheltenham
Gloucestershire
GL54 5EY
Telephone: 01242 602679**

**admin@gretton.gloucs.sch.uk
www.gretton.gloucs.sch.uk**

Headteacher: Mr Adam Sallis MEd, NASEN, NPQH

Wednesday 20th May 2026

Dear Parents and Carers,

The Department for Education has updated its Relationship, Sex and Health (RSHE) guidance for schools, with full implementation expected from September 2026. Much of what we already teach through our SCARF PSHE programme remains the same; however, the updated guidance strengthens some areas in response to the challenges children increasingly face both online and in everyday life. For example, schools are now expected to place greater emphasis on online safety, recognising healthy and unhealthy friendships, understanding personal boundaries, supporting emotional wellbeing and mental health, teaching children the correct anatomical names for body parts and ensure that children know how to seek help from trusted adults.

The updated guidance states that schools should:

- help children recognise healthy and unhealthy friendships
- teach respectful behaviour and kindness towards others
- support children to manage emotions, worries and mental wellbeing
- help children understand personal boundaries and body autonomy
- teach children how to seek help from trusted adults
- develop online safety skills, including understanding social media, online influence and inappropriate online content
- encourage critical thinking around information children may encounter online
- strengthen safeguarding teaching so children know how to stay safe both online and offline
- teach correct anatomical names for body parts

At our school, PSHE and RSHE are taught through the SCARF programme, a carefully planned and widely used scheme designed specifically for primary-aged children. SCARF supports children's social, emotional and mental wellbeing and promotes values such as safety, caring, achievement, resilience and friendship.

All learning continues to be age-appropriate and carefully adapted to children's stage of development. Lessons are focused on relationships, wellbeing, safety and preparing children for the modern world in a sensitive and supportive way. Sex education is not statutory in primary schools beyond the requirements of the National Curriculum for Science, and any additional content taught is carefully considered, age-appropriate and shared with parents in advance. Currently there are 2 lessons which are not statutory and these are taught to year 6 in the second half of the summer term.

We would also like to reassure families that:

- staff do not share their personal views or experiences and follow clear lesson guidance
- if a child asks a question that is not due to be covered within the lesson, staff will not discuss this in front of other children and will instead share this with the child's parent/carer
- lessons are carefully planned and delivered sensitively by trained staff
- teaching materials are selected specifically for primary-aged children
- we value and respect the important role families play in these conversations

We have also enclosed SCARF's "Growing and Changing" overview, which highlights examples of lessons and topics covered across each year group to help parents understand the content taught in school. As always, our approach is rooted in safeguarding, wellbeing and respect for the values and backgrounds of all families within our school community.

We are clear that parents and carers are the prime educators for children on many of these matters. There is a range of resources available to help parents/carers deal with some of the questions related to relationships that may arise. If you feel you are not sure how to deal with anything, please do get in touch with us. In the meantime, here is a small selection of recognised sources that may be of help.

- [New RSHE guidance: what parents need to know – The Education Hub](#)
- [SCARF PSHE Programme - https://www.coramscarf.org.uk/family-scarf](https://www.coramscarf.org.uk/family-scarf)
- [NSPCC https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources](https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources)
- [BBC operation Ouch! Puberty https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty](https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty)

As part of this consultation we invite parents to share your views about the teaching of RSE and PSHE via this link <https://forms.office.com/e/eZOCpYFwup?origin=lprLink> by Wednesday 3rd June. In addition to this, both myself and Mrs Dodd will be available in the school hall to meet with parents on Friday 5th June 2pm to provide an opportunity for parents/carers to ask any questions you may have.

If you would like to discuss any aspect of PSHE and/or RSE further, please do not hesitate to contact me directly.

Thank you for your continued support.

Yours sincerely,



Adam Sallis
Headteacher