



St Edwards CE Academy Cheddleton



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Learning and Caring Together,
“...they will flourish in the courts of our God.” (Psalm 92:13)

Principal: Mrs S Machin B,A,Hons, N.P.Q.H

September 2026

Dear Parent/Carer,

As part of our commitment to supporting pupils' personal development, wellbeing and safety, our academy delivers Relationships, Sex and Health Education (RSHE) as part of the wider PSHE curriculum.

RSHE is designed to help children and young people develop the knowledge, skills and understanding they need to form healthy relationships, keep themselves safe, and make informed choices, both online and offline. Teaching is age-appropriate, inclusive and delivered in a safe and respectful environment.

From September 2026, there have been changes to the statutory guidance for RSHE. These changes include:

- A stronger focus on online safety and wellbeing
- The use of accurate terminology for body parts (including genitalia). This is provided as health education without describing any detail of sexual activity. Using the correct names empowers children to speak about their bodies without shame.
- Personal safety around water, roads and railways with an emphasis on recognising and reducing risk.
- Helping children understand change and loss, including bereavement.

Information about the PSHE curriculum, including an overview of the content taught in each year group, is available on the academy website. Parents and carers are also welcome to request further information, including details of teaching resources, by contacting the academy.

In line with statutory guidance, parents and carers do not have the right to withdraw their child from Relationships Education or Health Education. Parents and carers do have the right to withdraw their child from Sex Education (except for content taught as part of the Science National Curriculum). However, as we are a first school, Sex Education does not feature within our curriculum.

If you have any questions or would like to discuss RSHE further, please contact the academy.

Yours sincerely,

Mrs Kliment
PSHE Lead

