



ABBOT'S LEA SCHOOL

Headteacher: Mrs Ania Hildrey, FCCT, B.Ed(Hons), M.Ed, NPQH, NPQEL



15 September 2026

Dear Families,

Ref: Invitation to contribute to our review of the PSHE and RSHE Curriculum and Policy

As part of our commitment to working closely with families, we would like to invite you to learn more about how we teach Personal, Social, Health and Economic Education (PSHE) and Relationships, Sex and Health Education (RSHE) at Abbot's Lea School.

During our Open Coffee Morning on Friday 18 September 2026, members of the Leadership Team will be demonstrating the Jigsaw PSHE curriculum platform that we use across the school to deliver PSHE and RSHE learning.

This will provide an opportunity for families to:

- See how PSHE and RSHE is taught across different age groups and pathways.
- Explore the Jigsaw resources and learning themes.
- Understand how the curriculum is adapted to meet the needs of students with SEND.
- View examples of lesson content and learning activities.
- Ask questions about the curriculum and how it supports preparation for adulthood, independence, wellbeing and safeguarding.
- Contribute, through your questions and feedback, to our considerations for the updated **PSHE and RSHE Policy**.

Why are we updating our policy?

The Department for Education has published updated statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education, which takes effect from September 2026. Schools are required to review their policies and ensure they reflect the new expectations.

Our revised policy will include:

- A clear explanation of the difference between PSHE and RSHE.
- Information about how the Jigsaw PSHE programme is used at Abbot's Lea School.
- Details of how learning is adapted and made accessible for students with SEND.
- Greater transparency about curriculum content and teaching materials.
- Information about how families can access and review curriculum resources.
- Updated guidance regarding familial rights to request withdrawal from certain elements of Sex Education.
- Information about how RSHE supports safeguarding, online safety, healthy relationships and personal wellbeing.
- Clear arrangements for monitoring, evaluation and annual review of the curriculum.
- Information regarding the use of external visitors and specialist providers.

We recognise that families are children's first educators and value your views.

The Department for Education expects all schools to engage openly with families when reviewing RSHE policies and to provide opportunities for families to understand the curriculum and review materials used in lessons.

The coffee morning will provide an informal opportunity for discussion, feedback and questions before the revised policy is finalised. We understand that some families will be keen to engage with this information but may be unable to attend the coffee morning due to other commitments. To ensure that as many families as possible have the opportunity to participate, we will be holding a **follow-up online session at 2:00pm on Tuesday 22 September 2026**.

You can join the online session using the following Microsoft Teams link:

Teams Link:

<https://teams.microsoft.com/meet/356350767749846?p=eBhyEqifDPRaQ8233C>

Meeting ID: 356 350 767 749 846

Passcode: Pv7Vb3hR

We hope as many families as possible will be able to attend either the in-person informal session on 18 September, or the online information session and contribute to this important consultation process.

Yours sincerely



Mrs A Hildrey
Headteacher