

WEST SUSSEX COUNTY COUNCIL
SOUTHBOURNE JUNIOR SCHOOL

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11th February 2026

Dear Parents/Carers,

As part of your child's education at Southbourne Junior School, we promote personal wellbeing and development through a comprehensive PSHE and RSE programme, equipping pupils with the knowledge, understanding and skills to lead healthy, safe and fulfilled lives now and in the future.

As you may already be aware, from September 2026, the Department for Education has issued revised statutory guidance for Relationships, Sex and Health Education. While there are a number of changes for primary schools to implement, a lot of the content remains the same or similar.

What is staying the same?

Pupils will continue learning about families, caring friendships, staying safe, first aid, healthy eating, physical health and fitness.

- New statutory content focuses on recognising and reducing risks related to fire, travel, water, roads and railways. However, this learning is already taught at Southbourne Juniors due to our proximity to the railway and sea, and is reinforced through our outdoor learning, including fire and tool safety.
- Guidance continues to emphasise understanding the body and the changes pupils may experience, using correct scientific names for body parts (including genitalia) to promote safety. This approach remains unchanged at Southbourne Juniors, with age-appropriate teaching of privacy and consent from Year 3. We use NSPCC *PANTS* resources and the Barnardo's *Real Love Rocks* programme in Year 6 to support learning about sensitive topics such as sexual exploitation and abuse. Teaching around puberty and the physical and emotional changes that occur into adolescence are part of Health Education, this is taught during the summer term of year 5 and covered again in year 6. We work in partnership with parents to prepare children for the challenges and responsibilities that growing up brings, providing advanced communication before teaching sensitive topics.
- Sex Education is still not compulsory in primary schools, but the DfE recommends it is taught for Year 5 and/or Year 6. At Southbourne Juniors, the teaching of this aspect of the curriculum will remain unchanged and taught during the summer term of year 6. Parents may withdraw their child from one lesson covering the reproductive process and ways to prevent pregnancy. Further information is available in the PSHE & RSE policy on the school website and parents will be informed ahead of this teaching, with the opportunity to view materials should they wish.

What is new?

- Online Safety learning has been expanded to include safe online interactions, protecting personal information, understanding privacy and consent, critical thinking about online content, and awareness of online financial harms such as scams and in-game purchases.

- Small additions include learning about vaping and nicotine addiction within existing drugs and alcohol lessons.
- The updated guidance also places greater emphasis on change, loss and bereavement; helping pupils understand grief, recognise emotions and develop healthy coping strategies to support their emotional wellbeing.
- The updated guidance strengthens the focus on skills such as communication, assertiveness, setting boundaries and managing emotions including frustration, disappointment and loneliness.

We need your help!

We are reviewing our PSHE curriculum to align with updated national guidance. In the autumn term, pupils shared their views on the most important PSHE topics. We would now like to hear your thoughts through a short online survey, where you can rank PSHE topics in order of importance, similar to the activity the children completed in school. The pupils shared some really thoughtful comments and ideas as to how we could improve PSHE education at our school so we are really looking forward to receiving your feedback as parents! Please note, the survey is best viewed on a tablet or laptop rather than mobile phone and you don't have to provide your email when prompted, if you wish to submit your response anonymously.

The link to an anonymous questionnaire **PSHE Consultation Survey** can be found here and on the school website <https://s.surveyplanet.com/1oa5y5f2> To help you understand the curriculum requirements, the following information is on our school website (within 'Curriculum' in the area titled 'PSHE and RSE'), which we would encourage you to read.

- Our vision for PSHE and RSE at Southbourne Juniors
- PSHE and RSE Policy
- The PSHE Curriculum Overview which outlines the content currently covered in each year group (an updated version will be available later in the summer term to reflect the new requirements for September 2026).
- Link to the DfE guidance that outlines the updated statutory requirements from September 2026 <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Your feedback is important and will help us shape a curriculum that meets the needs of all our children, supports their wellbeing, and prepares them for life in an ever-changing world. This survey will close on Friday 27th February.

Please indicate your child/children's class when prompted in the survey as we are planning to convert parent participation into Dojo points- this means that your child will be encouraging you to participate as the class with the highest number of parent responses has been promised a reward!

Miss Lowrey

Deputy Head/PSHE Lead

Mrs Vallins

PSHE Governor