

Relationships and Sex Education (RSE)

Parent Information Statement

Swalwell Primary School

September 2026

Relationships and Sex Education at Swalwell Primary School

At Swalwell Primary School, we are committed to helping children develop the knowledge, skills and understanding they need to build positive relationships, stay healthy, keep safe and thrive both now and in the future.

We deliver Relationships, Sex and Health Education (RSHE) through our wider Personal, Social, Health and Economic (PSHE) curriculum using the Jigsaw PSHE programme. Our curriculum is age-appropriate, inclusive and tailored to the needs of our pupils. It supports children's emotional wellbeing, personal development and understanding of the world around them.

What is statutory?

All primary schools are required to teach:

- Relationships Education
- Health Education

This includes learning about:

- Families and caring relationships
- Friendships
- Respect and kindness
- Online safety
- Keeping safe
- Mental wellbeing
- Physical health
- Healthy lifestyles
- Puberty and growing up

These areas form part of the statutory curriculum and parents **cannot withdraw** their child from this learning.

Sex Education

In primary schools, sex education is not compulsory. At Swalwell Primary School, we define sex education as learning about human reproduction, conception, pregnancy and birth, which is delivered through the Jigsaw "Changing Me" unit in Upper Key Stage 2.

Parents have the right to request that their child is withdrawn from the non-statutory sex education elements of the curriculum. However, parents cannot withdraw their child from:

- Relationships Education
- Health Education (including puberty education)
- Statutory National Curriculum Science content, including content about reproduction

Working in Partnership with Parents

We believe parents and carers are children's first educators. We are committed to working closely with families and will:

- Inform parents when sensitive content is due to be taught.
- Provide opportunities to view resources and curriculum content.
- Listen to and respond to parental questions or concerns.
- Support parents in continuing conversations at home.

Before making a decision to withdraw a child from sex education, we invite parents to discuss their concerns with both our Executive Head Teacher, Mrs R. Hocking, Head of School, Miss G. Jelly or PSHE Lead, Miss A. Lawson. This discussion helps us to understand the request and enables us to clarify the nature and purpose of the curriculum, discuss the benefits of the education, and consider any potential impacts of withdrawal on the child.

Where a parent requests withdrawal, we will:

- Arrange a meeting to discuss the request and the curriculum content in detail
- Share relevant teaching materials so parents can see exactly what will be taught
- Explain how we will support the child during withdrawal (ensuring they receive appropriate, purposeful education)
- Respect the parent's final decision whilst documenting our professional advice

Further Information

Further information about our curriculum can be found in:

- Swalwell Primary School PSHE Policy (including RSHE)
- PSHE Curriculum Overview
- Jigsaw Relationships and Health Education Mapping Document

If you have any questions regarding Relationships and Sex Education, please contact:

Miss Amy Lawson

PSHE and RSHE Lead

or

Mrs Rachel Hocking

Executive Headteacher