

May 2026

## Re: Consultation on PSHE and RSE policy

Dear parent/carer,

As part of your child's education at Sedgehill Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies, and practical skills to live safe, healthy, productive lives and meet their full potential. We deliver our PSHE curriculum through dedicated PSHE lessons, tutor time sessions, drop down days and assemblies.

Relationships, sex (RSE) and health education is also taught within the PSHE curriculum and is a compulsory subject in all primary and secondary schools. Our RSE and health education curriculum teaches students about healthy, respectful relationships in all contexts, including online. You can find the statutory guidance on RSE and Health education at the Department of Education website here: [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

There have been some changes to the statutory guidance which will be implemented from September 2026. As part of the implementation of these changes, schools must consult with parents, carers, staff and governors to ensure there is a consensus on our approaches to policy and curriculum content.

Some of the main changes include:

- Greater emphasis on misogyny, violence against women and girls and related factors
- Aspects of personal safety including how to recognise risk and stay safe around roads, railways and water
- Online safety covering topics from AI (artificial intelligence), deepfakes and toxic online influencers and subcultures
- Additional emphasis on mental health with specific areas mentioned such as grief and loss.

As part of the consultation, parents, carers, staff and governors will be asked to read the two attached documents and make comments on them. The documents will be attached to the email you have received with this letter.

1. Sedgehill Academy RSE/PSHE policy
2. Sedgehill Academy RSE/PSHE curriculum overview

To provide your feedback, please fill in the attached Microsoft Form: [PSHE/RSE Parental Consultation 2026-Sedgehill Academy – Fill out form](#)

**Principal:** Clare Cassidy



**Sedgehill Academy**

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The consultation will run from **Thursday 14<sup>th</sup> May** until **Friday 12<sup>th</sup> June 2026**. We will also be holding an online parent forum on **Wednesday 10<sup>th</sup> June 2026** from **5-5.30pm** which will outline the key topics within our PSHE/RSE curriculum and the key changes for September 2026. We will send a link inviting you to the parent forum in due course.

We thank you in advance for taking part in this consultation. If you have any questions, please contact Ms Birkinshaw (Assistant Principal) or Ms Steele (head of PSHE).

Yours faithfully,

Catherine Birkinshaw

Assistant Principal

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Zoe Steele

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**Principal:** Clare Cassidy