



## Parent Consultation on our PSHE and RSHE Curriculum (Key Stages 3 & 4)

Dear Parent/Carer,

At Lymm High School, we are committed to providing a high-quality Personal, Social, Health and Economic (PSHE) education that helps young people develop the knowledge, skills and confidence they need to lead safe, healthy and successful lives.

From **September 2026**, all schools in England are required to implement the Department for Education's updated statutory guidance for Relationships, Sex and Health Education (RSHE). The revised guidance introduces several new areas of learning alongside strengthening existing content, ensuring that education continues to reflect the challenges and experiences young people face today.

Over the coming academic year, we will be updating and refining our curriculum to ensure it fully meets these new statutory requirements. Many of the new themes are already included within our existing PSHE programme; however, some additional content will be carefully incorporated where appropriate.

We would like to reassure parents that **all learning will remain carefully planned, age-appropriate and delivered sensitively**, taking account of the maturity and developmental stage of pupils.

The updated statutory guidance places greater emphasis on several areas of learning to ensure young people are prepared for the opportunities and challenges of modern life. These include online safety and digital literacy, the safe and responsible use of artificial intelligence (AI), recognising misinformation and deepfakes, online scams and image-based abuse, healthy and respectful relationships, consent, misogyny and violence against women and girls, sexual harassment, mental wellbeing, reproductive health, fertility, pregnancy and pregnancy loss, menopause, gynaecological health (including conditions such as endometriosis), testicular health, and developing the knowledge and skills needed to make informed decisions about health, relationships and life beyond school.

Many of these themes are already embedded within our existing curriculum. However, we will be refining and expanding some aspects of our provision to ensure we fully meet the new statutory expectations while continuing to deliver learning that is balanced, evidence-based and appropriate for each stage of a young person's development.

Our PSHE curriculum is delivered through a range of approaches including:

- Fortnightly extended PSHE lessons.
- Weekly Form-time activities.
- Assemblies.
- Drop-down days.
- Visiting speakers and specialist workshops.





To ensure students receive the highest quality education possible, we work closely with a range of **expert organisations and external agencies**. These specialists complement our teaching by providing current, evidence-based information and real-life expertise, helping maximise both the quality and impact of our PSHE curriculum.

We also believe that parents play an essential role in supporting their child's personal development. Throughout the year we will continue to keep families informed by:

- Sharing information about forthcoming PSHE learning through our **fortnightly Parent Bulletin**.
- Communicating details of visiting speakers, workshops and drop-down days via **Class Charts**.

Further information can be found using the links below:

- School RSE policy: [RSE-Policy.pdf](#)
- PSHE Curriculum Overview: [PSHE – Lymm High School](#)
- Department for Education RSE Guidance: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

As part of our consultation process, we would also value your views. If there are any aspects of personal development, health, relationships or life skills that you feel are particularly important for young people to learn about, we would be grateful if you could share your thoughts using the form below **by Sunday 19<sup>th</sup> July**:

**Parent Feedback Form:** [PSHE Parent Consultation - July 2026 – Fill out form](#)

If you would like to discuss our curriculum further, arrange to view a sample of curriculum materials, or ask any questions, please do not hesitate to contact me.

**Mrs Francesca Bisset-Mahon**

Head of RPE & PSHE

Email: [fbisset-mahon@lymmhigh.org.uk](mailto:fbisset-mahon@lymmhigh.org.uk)

Thank you for your continued support as we work together to provide our students with a curriculum that is informative, balanced, evidence-based and designed to prepare them for modern life.

Yours faithfully,

*F Bisset-Mahon*

**Mrs Francesca Bisset-Mahon**

Head of RPE & PSHE

