March 2026

Consultation on Personal Development Curriculum
(including Personal, Social, Health, Economic, Relationships and Sex Education)
at St Catherine's Primary School

Dear Parents/Carers,

At St Catherine's we value working in partnership with you to support your child's personal development and wellbeing. This letter provides information about the changes that we are making to our Personal Development Curriculum (which encompasses Personal, Social, Health, Economic, Safety, Relationships and Sex education) and seeks your views and feedback.

Our approach to Personal Development
At St Catherine's we are reviewing our curriculum to ensure that we provide the best possible learning opportunities for our children in line with Statutory Guidance and our school context.

Our Personal Development curriculum will be called **'Heads and Hearts'** to link with our whole school vision. It is based on the 'Jigsaw' programme, which is a comprehensive, researched scheme of work used by over 6,500 schools. This will replace the 'Heartsmart' curriculum that we have previously used.

The programme consists of six half-term units of work (see programme outline), which build progressively through the school.

Throughout the year, we keep you informed about our Heads and Hearts curriculum through our curriculum newsletters and other specific communications.

Statutory requirements
Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the DfE's statutory guidance for Relationships, Sex and Health Education. Updated guidance was published in 2025 and will be implemented from September 2026.

Our Draft Personal Development policy, which outlines our whole-school approach, along with the Jigsaw Curriculum information is available *on our website*. Parents are encouraged to view this information and we welcome your feedback and engagement with this important area of learning.

Parents cannot withdraw children from Relationships or Health Education content. However, parents do retain the right to request withdrawal from specific non-statutory Sex Education lessons, which we explain further below.
If you have any queries or would like to request more detailed information about your child's year group content, please contact the school office.

Understanding Sex Education and the right to withdraw
There specific lessons focus on human reproduction within our Personal Development curriculum and these are clearly identified in the table below. While Relationships and Health Education (including all puberty content) are statutory and form part of your child's entitlement, you do

have the right to request withdrawal from the non-statutory Sex Education lessons on human reproduction **that are taught within our Heads and Hearts lessons**.

The DfE recommends that all primary schools include **age-appropriate** Sex Education, and at St Catherine's we follow this guidance by teaching one Sex Education lesson in Year 5 and one in Year 6.

These lessons are taught in the Summer Term and prior to teaching these specific lessons, we will invite parents to view the resources and speak to the teachers. This would be the best time to discuss any concerns and whether you are considering withdrawal: we find that when parents understand the age-appropriate, scientific nature of the content, most feel reassured about their child's participation.

Please note that there is no right to withdraw from teaching about human reproduction when taught as part of our Year 5/Year 6 Science curriculum on animal life cycles, as this is statutory Science curriculum content.

There are some useful guides for parents here about the Personal Development Curriculum and about talking to children about Puberty and Growing Up.

Please complete the form here to confirm that you have received this consultation and to provide any feedback.

If you would like to discuss this, please contact Mrs Brogan through the school office.

Thank you for your engagement with this.

Yours faithfully,

Catherine Brogan
Deputy Headteacher

Term	Puzzle	Key Content
Autumn 1	Being Me in My World	Understanding personal identity, my place in the class and school community, rights and responsibilities, democracy, making a positive contribution.
Autumn 2	Celebrating Difference	Recognising and respecting diversity, challenging stereotypes, understanding difference and similarity, addressing bullying, building empathy and compassion.
Spring 1	Dreams and Goals	Setting and working towards goals, understanding aspirations and future possibilities, developing perseverance and resilience, recognising achievements, working collaboratively.
Spring 2	Healthy Me	The relationship between physical and emotional health; nutrition, sleep, exercise and hygiene; emotional wellbeing; drug education (including medicines); keeping safe; understanding habits and making healthy lifestyle choices.
Summer 1	Relationships	Understanding different relationships and their characteristics, our families, managing friendship challenges, conflict resolution and communication skills, recognising when relationships are unhealthy, understanding loss and bereavement.
Summer 2	Changing Me	Understanding life cycles and human growth, coping positively with change, body image and self-esteem, puberty education, changing relationships, and for upper Key Stage 2, human reproduction (where taught as sex education – see Policy).