ALL SAINTS CofE FIRST SCHOOL

PSHE, RELATIONSHIPS & HEALTH EDUCATION

Information for Parents and Carers 2026–27

Our approach

At All Saints CofE First School, we want every child to feel safe, valued, confident and cared for.

Our PSHE (Personal, Social, Health and Economic Education) curriculum helps children develop the knowledge, skills and vocabulary they need to:

- build positive and healthy relationships;
- recognise and manage their emotions;
- develop confidence and resilience;
- understand and celebrate differences;
- make healthy choices;
- recognise risks and keep themselves safe;
- understand personal boundaries;
- know who trusted adults are and how to ask for help;
- stay safe online;
- develop independence and responsibility.

Our PSHE curriculum is rooted in our Christian vision and values and supports children to flourish as individuals and as members of our school and wider community.

Why is our curriculum being updated?

National statutory guidance for Relationships Education and Health Education has been updated.

The fundamental principles have **not** changed. Relationships Education and Health Education remain statutory parts of the primary curriculum.

The updated guidance strengthens expectations around areas particularly relevant to children's lives today, including:

- safeguarding;
- mental and emotional wellbeing;
- resilience and emotional regulation;
- online safety and digital life;
- privacy and personal boundaries;

- recognising unsafe situations;
- knowing when and how to ask for help;
- carefully sequenced and progressive learning;
- transparency with parents and carers.

Our existing parent information summarises this well: the changes strengthen safeguarding, wellbeing and curriculum consistency for modern childhood rather than introducing a completely new curriculum.

What is staying the same at All Saints'?

Our children and our school values remain at the heart of everything we do.

We will continue to:

- put children's wellbeing first;
- promote kindness and respectful relationships;
- support children emotionally and pastorally;
- safeguard children;
- teach sensitively and appropriately for children's age and development;
- celebrate difference;
- work closely with parents and carers;
- ensure our Christian ethos and values underpin our approach.

These commitments are also set out in the parent information already developed by school.

What is changing?

Introducing SCARF

From September 2026, we will use **SCARF**, developed by Coram Life Education, as our main programme for PSHE and Relationships and Health Education.

SCARF stands for:

S – Safety
C – Caring
A – Achievement
R – Resilience
F – Friendship

We have chosen SCARF because it provides a consistent whole-school approach, clear progression, safeguarding-informed curriculum planning, shared vocabulary and resources to support staff. It also works particularly well with our mixed-age class structure.

What will children learn?

SCARF is organised around six themes which children revisit as they progress through school:

Autumn 1 — Me and My Relationships

Feelings, friendships, relationships, communication, cooperation and managing disagreements.

Autumn 2 — Valuing Difference

Similarities and differences, kindness, inclusion, respect, families and valuing others.

Spring 1 — Keeping Myself Safe

Trusted adults, recognising risk, asking for help, personal safety, online safety, medicines and age-appropriate safeguarding.

Spring 2 — Rights and Respect

Rights and responsibilities, caring for others, communities, the environment and age-appropriate financial awareness.

Summer 1 — Being My Best

Healthy choices, physical health, mental wellbeing, confidence, resilience and achievement.

Summer 2 — Growing and Changing

Growing older, emotions, body awareness, hygiene, privacy, personal boundaries, relationships and age-appropriate preparation for changes as children grow.

The curriculum becomes progressively more sophisticated as children mature rather than simply repeating the same learning each year.

How does our two-year curriculum work?

Because All Saints' has mixed-age classes, we teach SCARF through a carefully planned **two-year rolling programme**.

All classes explore the same broad SCARF theme during each half term.

Year A

KS1: Year 1 SCARF learning
LKS2: Year 3 SCARF learning

Year B

KS1: Year 2 SCARF learning
LKS2: Year 4 SCARF learning

Reception follows the Reception SCARF pathway.

Nursery explores the same broad themes through age-appropriate stories, play, conversations, routines, adult-led activities and continuous provision.

This structure supports mixed-age teaching while providing progression and full curriculum coverage. Your final curriculum structure confirms the Year A/Year B model and the separate EYFS approach.

Growing and Changing

We understand that this is an area parents and carers may particularly want to know about.

Growing and Changing is taught sensitively and progressively. The learning is designed to support children's health, wellbeing and safeguarding.

Depending on children's age and stage of development, learning includes:

- how people grow and change;
- life cycles;
- feelings associated with change;
- correct anatomical vocabulary;
- privacy and personal boundaries;
- appropriate and inappropriate touch;
- trusted adults and asking for help;
- personal hygiene and self-care;
- preparing older children appropriately for physical and emotional changes associated with growing up.

By the end of Key Stage 1, children are taught correct anatomical names for body parts, including **penis, vulva and testicles**, within a safeguarding context. Year 4 children may receive age-appropriate learning to prepare them for changes associated with puberty.

Does All Saints' teach Sex Education?

All Saints' CE First School does not teach non-statutory Sex Education.

We teach:

- statutory Relationships Education;
- statutory Health Education;
- relevant statutory National Curriculum Science;
- wider age-appropriate PSHE and safeguarding learning.

This is explicitly stated in our school policy.

Because we do not teach non-statutory Sex Education, there is no applicable parental right to withdraw from such provision. Parents cannot withdraw children from statutory Relationships Education or Health Education.

If you are unsure about any aspect of the curriculum, please speak to us. We are happy to explain what will be taught and why.

Safeguarding

PSHE and Relationships and Health Education form an important part of our preventative safeguarding work.

Children progressively learn how to:

- recognise unsafe situations;
- understand privacy and personal boundaries;
- identify trusted adults;
- seek help;
- communicate when something worries them;
- stay safer online;
- recognise healthy and respectful relationships;
- make safer choices.

Sensitive learning is carefully sequenced so that it is factual, inclusive, age appropriate and developmentally appropriate.

Supporting every child

Our curriculum is inclusive and accessible to all pupils.

Teachers adapt teaching appropriately to meet children's needs, including those of pupils with SEND. This may include adapted language, visuals, stories, role play, practical activities and additional support.

We want every child to feel safe, included, listened to and able to participate.

Working with parents and carers

Parents and carers are children's primary educators, and we greatly value the partnership between home and school.

We are committed to being open about what children learn.

Parents and carers will be:

- informed about curriculum content;

- given opportunities to ask questions;
- able to view curriculum materials where appropriate;
- kept informed about relevant policy and curriculum developments.

Our policy specifically commits All Saints' to open, transparent and supportive communication with families.

If you have any questions or concerns about PSHE or Relationships and Health Education, please contact the school office.

We would always rather have a conversation and explain our curriculum than leave a parent or carer uncertain about what their child will learn.

Further information

Further information is available on our school website, including:

PSHE and Relationships & Health Education Policy 2026

Whole-School PSHE and Relationships & Health Education Curriculum Overview

SCARF Two-Year Rolling Programme 2026–28

Growing and Changing information for parents and carers