

28th April 2026

Dear Parents and Carers,

As a part of your child's education at Parkfields School, 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.

I am writing to let you know that, during the Summer Term, your child's class will be taking part in lessons which will focus on the relationships and health education (RHE) aspect of this programme.

RHE lessons in Year 6 will include teaching about:

- Healthy relationships, including friendships;
- Families;
- Growing and changing, including puberty and physical changes;
- Personal hygiene;
- Changing feelings;
- Becoming more independent;
- Keeping safe;
- Developing self-esteem and confidence. Pupils will also have opportunities to ask questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

The school is a member of the PSHE Association. The association is grant-funded by the Department for Education and they advise schools on how to develop their own PSHE curriculums and improve the quality of teaching. The association focuses on signposting schools to age-appropriate resources created by experts.

Please visit the [school website](#) for more detail about our RSHE curriculum for all year groups. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

A link to the presentation slides from a Family Forum on the topic of relationships, health and sex education is on the [PSHE Curriculum](#) page of the school website.

Yours sincerely,

Mrs Minshull

Lynn Minshull
PSHE Subject Lead
Assistant Headteacher -Pastoral