



KING JAMES'S SCHOOL

KNARESBOROUGH

September 2026

Dear Parent/Carer,

At King James's School, we are committed to providing all pupils with a high-quality Personal, Social, Health and Economic Education (PSHE) programme. Our PSHE curriculum is designed to equip young people with the knowledge, skills and understanding they need to stay healthy and safe, develop their wellbeing, build positive and respectful relationships, and prepare for the opportunities and responsibilities of adult life.

Our approach to PSHE

From September 2026, we are introducing a new delivery model in which PSHE will be taught during Period 1, formerly Form Time. PSHE will be delivered by Form Tutors, supported by comprehensive resources and staff training. We believe that this approach will be particularly effective because Form Tutors know their pupils well and are able to build strong, supportive relationships with them.

For students in Key Stages 3 and 4, we use the Jigsaw PSHE 11–16 programme as our curriculum framework. It provides a carefully sequenced, age-appropriate programme which allows pupils to revisit important themes with increasing depth as they mature.

The curriculum is organised around six key themes:

- **Being Me in My World** – personal identity, rights and responsibilities, community and citizenship, and online and offline influences.
- **Celebrating Difference** – diversity, protected characteristics, equality, stereotypes, prejudice, bullying and empathy.
- **Dreams and Goals** – aspirations, careers, resilience, perseverance, financial capability and working collaboratively.
- **Healthy Me** – physical and mental health, nutrition, sleep, emotional wellbeing, risk management, drugs, alcohol, tobacco and vaping, pregnancy, contraception and sexual health.
- **Relationships** – healthy and unhealthy relationships, families, friendships, romantic and intimate relationships, consent, boundaries, conflict resolution, abuse and online relationships.
- **Changing Me** – puberty, adolescent development, body image and self-esteem, independence, personal safety and managing change.

Content is carefully considered to ensure that it is appropriate to pupils' age, stage and development. We also adapt the programme where appropriate to reflect the needs of our pupils and our school community. More detailed information about our PSHE curriculum, including the content covered in each year group, can be found on the school website: [King James's School PSHE/RSE curriculum page](#)

Health Education and Relationships and Sex Education

An important part of our PSHE provision is our Health Education and Relationships and Sex Education (RSE) curriculum. RSE and Health Education are statutory subjects for all secondary-aged pupils. At King James's School, these are delivered within our broader PSHE programme alongside citizenship and economic education.

The Department for Education's statutory guidance can be found here:

[DfE Relationships, Sex and Health Education guidance](#)

The Department for Education has also produced a guide for parents explaining what RSE includes and aims to achieve: [DfE guide for parents](#)

RSE is not taught as a single standalone unit. Instead, it is delivered progressively across Key Stages 3 and 4 through themes including **Relationships, Changing Me and Healthy Me**. This allows pupils to revisit and build on important knowledge and skills in an age-appropriate way as they mature.

Through RSE, pupils learn about healthy and respectful relationships, families and friendships, consent and personal boundaries, online safety, equality, recognising abuse and exploitation, and the law relating to relationships. As pupils progress through the school, the curriculum develops to include areas such as intimate and sexual relationships, reproduction, contraception, sexual health and sexually transmitted infections.

Health Education is also an important part of the programme. This includes learning about mental wellbeing, physical health, healthy lifestyles, online wellbeing, drugs, alcohol, tobacco and vaping, personal safety, first aid, and the physical and emotional changes associated with adolescence. Some aspects of learning about reproduction are also covered through the National Curriculum for Science. This content is separate from the sex education delivered through PSHE.

We recognise that parents and carers are important educators in many aspects of relationships and health, and we are committed to keeping families informed about what pupils are learning. Parents can access curriculum information and request to view the teaching materials used in PSHE/RSE.

Parents do **not** have the right to withdraw their child from Relationships Education, Health Education or the Science curriculum, including statutory content relating to reproduction. However, parents have the right to request that their child is withdrawn from some or all of the **sex education** delivered as part of statutory RSE. At King James's School, we interpret sex education as learning about how human reproduction can happen, including topics such as sexual intercourse, childbirth, IVF and surrogacy.

If you wish to request withdrawal from sex education, a withdrawal request form is available on the school website. The Headteacher will discuss the request with parents and carers, where appropriate, the pupil before making a decision. Pupils are also able to opt back into sex education from three terms before they turn 16, in accordance with the statutory guidance. If you would like to discuss the curriculum, request to view teaching materials, or have any questions about PSHE/RSE, please contact the school via admin@king-james.co.uk.

We hope that this information provides reassurance about our approach to PSHE and RSE and the care taken to ensure that our curriculum is appropriate, inclusive and supportive of our pupils' development.

Yours sincerely,

Mr Charlie Green

Head of PSHCEE