
Cedars Park Primary School

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Principal: Miss A Suhail



13th July 2026

Re: Consultation on PSHE and RSE policy

Dear parent/carers,

As part of your child's education at Cedars Park Primary 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. We deliver our PSHE curriculum through dedicated PSHE lessons and assemblies.

Relationships, sex (RSE) and health education is also taught within the PSHE curriculum and is a compulsory subject in all primary and secondary schools. Our RSE and health education curriculum teaches students about healthy, respectful relationships in all contexts, including online. You can find the statutory guidance on RSE and Health education at the Department of Education website here: [Relationships and sex education \(RSE\) and health education – GOV.UK](https://www.gov.uk/government/publications/relationships-and-sex-education-rse-and-health-education)

There have been some changes to the statutory guidance which will be implemented from September 2026. As part of the implementation of these changes, schools must consult with parents, carers, staff and governors to ensure there is a consensus on our approaches to policy and curriculum content. Some of the main changes include:

- Greater emphasis on misogyny, violence against women and girls and related factors
- Aspects of personal safety including how to recognise risk and stay safe around roads, railways and water
- Online safety covering topics from AI (artificial intelligence), deep-fakes and toxic online influencers and subcultures
- Additional emphasis on mental health with specific areas mentioned such as grief and loss.

As part of the consultation, parents, carers, staff and governors will be asked to read the two attached documents and make comments on them. The documents will be attached to the email you have received with this letter.

1. PSHE/RSE policy
2. Cedars Park Primary School curriculum overview – see below

To provide your feedback, please fill in the Microsoft Form – QR code below:



The consultation will run from Monday 13th July to 10th August 2026.

We thank you in advance for taking part in this consultation. If you have any questions, please do not hesitate to contact us.

Yours faithfully,

Aisha Suhail
Principal

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Being Me in My World → Who...Me? → How am I feeling today? → Being at School → Gentle Hands → Our Rights → Our Responsibilities	Celebrating Difference → What am I Good At? → I'm Special, I'm Me! → Families → Homes → Making Friends → Standing Up for Yourself	Dreams and Goals → Challenge → Never Giving Up → Setting a goal → Obstacles and Support → Flight to the Future → Footprint Awards	Healthy Me → Everybody's Body → We like to move it, move it! → Food, Glorious, Food → Sweet Dreams → Keeping Clean → Safe Adults	Relationships → My Family and Me! → Make Friends, Make Friends, Never Ever Break Friends! → Falling out and Bullying → Being the Best Friends we can be	Changing Me → My Body → Respecting My Body → Growing Up → Fun and Fears → Celebration
Year 1	Being Me in My World → Special and safe → My class → Rights and Responsibilities → Rewards and feeling proud → Consequences → Owning our Learning Charter	Celebrating Difference → The same as... → Different from... → What is 'bullying'? → What do I do about bullying? → Making new friends → Celebrating difference, celebrating me	Dreams and Goals → My Treasure Chest of Success → Steps to Goals → Achieving Together → Stretchy Learning → Overcoming Obstacles → Celebrating My Success	Healthy Me → Being Healthy → Healthy Choices → Clean and Healthy → Medicine Safety → Road Safety → Happy, Healthy Me	Relationships → Families → Making Friends → Greetings → People Who Help Us → Being My Own Best Friend → Celebrating My Special Relationships	Changing Me → Life Cycles → Changing Me → My Changing Body → Boys' and Girls' Bodies → Learning and Growing → Coping with Changes
Year 2	Being Me in My World → Hopes and Fears for the Year → Rights and Responsibilities → Rewards and Consequences → Our Learning Charter → Owning our Learning Charter	Celebrating Difference → Assumptions → Stereotypes → Why does bullying happen? → Standing up for myself and others → We're all different → Celebrating difference and still being friends	Dreams and Goals → Goals to Success → Being Healthy → Learning with Others → A Group Challenge → Being Relaxed → Celebrating our Achievement	Healthy Me → Healthy Eating → Keeping Safe at Home → Safe Outside → Medicine Safety → Healthy, Happy Me!	Relationships → Families → Keeping Safe - exploring physical contact → Friends and Conflict → Secrets → Trust and Appreciation → Celebrating My Special Relationships	Changing Me → Life Cycles in Nature → Growing from Young to Old → The Changing Me → Boys' and Girls' Bodies → Assertiveness → Looking Ahead
Year 3	Being Me in My World → Getting to Know Each Other → Our Nightmare School → Our Dream School → Rewards and Consequences → Our Learning Charter → Owning our Learning Charter	Celebrating Difference → Families → Family conflict → Witness and feelings → Witness and solutions → Words that harm → Celebrating difference: compliments	Dreams and Goals → Dreams and Goals → My Dreams and Ambitions → Feeling Safe Helps Me Grow → Choices That Help Us Grow → Our New Challenge: Overcoming Obstacles → Celebrating My Learning	Healthy Me → Fit and Healthy → Food and Energy → What Do I Know about Drugs? → Being Safe and Getting Help → Safe or Unsafe → My Amazing Body	Relationships → Family Roles and Responsibilities → Friendship → Global Connections and Thinking Critically → Rights, Needs and Wellbeing → Being a Global Citizen → Celebrating My Web of Relationships	Changing Me → How Babies Grow → Outside Body Changes → Inside Body Changes → Keeping Ourselves Clean → Family Stereotypes → Looking Ahead

Year 4	Being Me in My World → Becoming a Class 'Team' → Being a School Citizen → Rights, Responsibilities and Democracy → Rewards and Consequences → Our Learning Charter → Owning our Learning Charter	Celebrating Difference → Judging by Appearances → Understanding Influences → Understanding Bullying → Problem-solving → Special Me → Celebrating Difference: how we look	Dreams and Goals → Hopes and Dreams → Broken Dreams → Overcoming Disappointment → Creating New Dreams → Achieving Goals → We Did It!	Healthy Me → My Friends and Me → Staying Safe With Friends → Smoking and vaping → Alcohol → Healthy Friendships → Celebrating My Inner Strength and Assertiveness	Relationships → Jealousy → Love and Loss → Memories → Getting On and Falling Out → Girlfriends and Boyfriends → Celebrating My Relationships and with People and Animals	Changing Me → Unique Me → Puberty and Menstruation → Being Part of a Family → Circles of Change → Accepting Change → Looking Ahead
Year 5	Being Me in My World → My Year Ahead → Being a Citizen of My Country → Responsibilities → Rewards and Consequences → Our Learning Charter → Owning our Learning Charter	Celebrating Difference → Different cultures → Racism → Rumours and Name-Calling → Types of Bullying → Does Money Matter? → Celebrating Difference across the World	Dreams and Goals → When I Grow Up (My Dream Lifestyle) → Keeping Track of Money → Mr Dream Job. Why I want it and the steps to get there → Dreams and Goals of Young People in Other Cultures → How Can We Support Each Other? → Rallying Support	Healthy Me → Smoking and vaping → Alcohol → Emergency Aid → Body Image → My Relationship with Food → Healthy Me	Relationships → Recognising Me → Safety with Online Communities → Being in an Online Community → Online Gaming → My Relationship with Technology: screen time → Relationships and Technology: Staying Safe and Happy Online	Changing Me → Self and Body Image → Puberty for Girls → Puberty for Boys → Conception → Looking Ahead

Year 6	Being Me in My World → My Year Ahead → Being a Global Citizen → The Learning Charter → Our Learning Charter → Owning our Learning Charter	Celebrating Difference → Am I Normal? → Understanding Difference → Power Struggles → Why Bully → Celebrating Difference: admiration accolades	Dreams and Goals → Personal Learning Goals → Steps to Success → My Dream for the World → Helping to Make a Difference → Recognising our Achievements	Healthy Me → Taking Responsibility for my Health and Well-being → Drugs → Exploitation → Gangs → Emotional and Mental Health → Managing Stress and Pressure	Relationships → What is Mental Health → My Mental Health → Love and Loss → Power and Control → Being Online: Real or Fake? Safe or Unsafe? → Using Technology Responsibly	Changing Me → My Self Image → Puberty → Babies: Conception to Birth → Boyfriends and Girlfriends → Real Self and Ideal Self → The Year Ahead
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*In mixed year groups, the units Relationships and Changing Me (Summer 1 + 2) are taught at the age appropriate year group.