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Head Teacher: Mrs. H. Ede

4.9.26

Dear Parents and carers,

This year as part of our PSHE and RSHE curriculum, we will be using the Muse Wellbeing curriculum which helps children grow into confident, caring and respectful individuals. We teach a wide range of life skills through PSHE and RSHE lessons, helping children to understand their feelings, build positive relationships and stay safe and healthy.

We have tailored our lessons to be age-appropriate, inclusive and in line with national guidance. This short guide explains what we teach, why we teach it and how we work in partnership with families and communities of care for all students.

The Muse Wellbeing Curriculum

Every lesson is carefully structured to promote children's:

- Mental and emotional wellbeing
- Personal safety and safeguarding
- Positive behaviour and respectful relationships
- Confidence in understanding their bodies and feelings
- Ability to make healthy choices online and offline

Muse Wellbeing is built around five core values:



What Is RSHE and Why Is It Taught?

RSHE stands for Relationships, Sex and Health Education. In primary schools, Relationships Education and Health Education are statutory, meaning they must be taught by law.

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These lessons focus on helping children:

- Understand emotions and manage friendships
- Stay physically and mentally healthy
- Stay safe in the real world and online
- Develop respect for others and for themselves

Sex Education is not statutory in primary schools as outlined in the updated 2025 RSHE guidance. However, Health Education includes key learning about puberty and personal hygiene, which are essential for children's development and safeguarding. Muse Wellbeing teaches this content with care, clarity and scientific accuracy to help children feel confident and informed.

Puberty and Sex Education in the Muse Wellbeing Curriculum

The idea of physical change is introduced in Key Stage 1, where children learn that babies, children and adults grow and develop differently. Puberty is first mentioned in Year 4, then explored more fully in Years 5 and 6, including emotional changes, body awareness, hygiene and self-care. These lessons are part of statutory Health Education.

Muse Wellbeing also includes two non-statutory Sex Education lessons in Year 6, which explore human reproduction. Parents have the right to withdraw their child from these Sex Education lessons, and schools will clearly identify which lessons these are.

Our policy for RSHE which is available on our website will outline this process but as always, we are happy to chat through any concerns you may have.

Muse Wellbeing has been carefully reviewed and updated to support schools in meeting the updated 2025 RSHE guidance, which becomes statutory from September 2026. We carefully examined the guidance line by line, making updates to lesson content, language and learning outcomes to support clear alignment.

The revised curriculum places strong emphasis on mental health, safeguarding and emotional literacy. Statutory and non-statutory content is clearly separated, and lessons consistently promote respect, safety and personal responsibility.

Any questions, please do not hesitate to ask.

Yours sincerely,

Mrs R Arnott – Mental Health Lead and PSHE Lead

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