ST ANSELM'S CATHOLIC SCHOOL

A Catholic Academy in the Archdiocese of Southwark
Member of the Kent Catholic Schools' Partnership

Headteacher: Mr J Rowarth
BA (Hons) NPQH

"faith seeking understanding"

September 2026

Dear Parents and Carers,

As we begin the new academic year, I would like to inform you about the updated 2026 Relationships, Sex and Health Education (RSE) requirements and how these changes are being implemented at St Anselm's Catholic School.

The Department for Education has strengthened several areas of the RSE curriculum for 2026, including online safety, consent, respectful relationships, digital literacy, and harmful online content. These updates are fully embedded within our Catholic ethos and taught in a safe, supportive environment rooted in dignity, compassion and respect.

Our RSHE Policy is available for parents and carers to view on the school website:
Education-in-Human-Love-Policy-Statement-for-RSE-October-2020-Reviewed-2025.pdf

At St Anselm's, PSHE is taught in bespoke lessons in Years 7–10 and is also woven into our Tutor Programme for the whole school, including all the main components of the UK secondary PSHE curriculum, which include:

- Health and wellbeing — physical health, mental wellbeing, healthy routines, managing emotions
- Relationships and RSE — friendships, families, consent, respect, recognising unhealthy behaviour
- Living in the wider world — digital safety, media literacy, financial education, careers and future pathways

Link to the Curriculum Plan on the website: St. Anselm's Catholic School - PSHE

These areas help pupils develop the knowledge and skills they need to stay safe, healthy and confident as they grow up, and to navigate modern life responsibly and respectfully.

If any parent wishes to find out more about how we teach the PSHE and RSE programme, then I warmly invite you to join me for a Q&A session on Wednesday 7th October at 3pm in our PSHE classroom (M23). This will be an opportunity to hear more about the new RSE requirements, see examples of lesson materials, and ask any questions you may have. If you would like to attend, please complete the Microsoft Form below:

Q&A session for RSE 2026 – Fill out form

We greatly value our partnership with parents and carers and thank you for your continued support in helping our pupils grow into confident, healthy and respectful young people.

Best wishes,

Sarah Leddington

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