

## PRESTON MANOR SCHOOL

Upper School Site: Carlton Avenue East, Wembley, HA9 8NA  
Head of Upper School: Mr. Tom Phillips  
Email: info@preston-manor.com | Tel: 020 8385 4040

Lower School site: Princess Avenue (off Carlton Avenue East), Wembley, HA9 8LZ  
Head of Lower School: Mr. Kevin Atkinson  
Email: lowerschooladmin@preston-manor.com | Tel: 020 8385 4089

**Executive Headteacher:** Mr. Russell Denial | Website: [www.preston-manor.com](http://www.preston-manor.com)



Tuesday 2<sup>nd</sup> December 2025

### RHSE Lessons in Reception

Dear Parents/Carers,

Next half term, the children will be learning about Relationships, Health and Sex Education [RHSE], at an age appropriate level, in their PSHE lessons. You have already had an opportunity to look at the resources that will be used in these lessons.

**Reception children will focus on the Relationships and Health sections of RHSE. In the Relationships section, children will learn how their feelings and behaviour can influence their friendships. In the Health section, children will understand some basic hygiene routines and learn about some areas in which they can look after themselves.**

The Relationships and Health sections are statutory and all children will be taught these lessons. The Sex element of the lessons is not statutory. This means that you can withdraw your child from the lessons that teach the sex element. [Only Year 6 are taught this part.]

*The revised RHSE programme [July 2025] places a stronger emphasis on kindness, respect, personal boundaries and consent, while also helping pupils recognise unsafe behaviour, bullying and harassment in age-appropriate ways. Online safety has been expanded to cover fake or altered content, online pressure, and the emotional impact of internet use. Children will also learn more about emotional regulation, resilience and how to seek help when needed. This has already been incorporated into our teaching.*

The slides from today's parent meeting have been emailed to you and are on the website.

There are no Sex elements in the RHSE lessons taught to Reception children, therefore all **PSHE lessons are statutory**.

Thank you for continuing to support your child's learning.

Yours sincerely,

Qudsia Siddique  
Deputy Head of the Lower School