



Whitstable & Seasalter Endowed (Church of England (Aided) Junior School

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Thursday 17th September 2026

Dear Parent/Carer,

We are writing to let you know about a change to one of our curriculum subjects. Previously, our PSHE (Personal, Social, Health, Economic Education) curriculum has been taught through Heartsmart. As a result of the new statutory RHSE (Relationships, Health and Sex Education) curriculum which has come into effect as of September 1st 2026, we will now be following a scheme known as Pol-Ed. It is a free resource created by West Yorkshire Police and specialist teachers to support schools in delivering PHSE. It provides age-appropriate lessons and assemblies that help children and young people understand how to stay safe, make positive choices, and develop important life skills.

The topics covered through Pol-Ed include areas such as:

- Online safety
- Healthy relationships
- Bullying
- Personal safety
- Understanding the law
- Making informed choices

All materials are written by experienced teachers, working in collaboration with the police, local authorities, and other partners, to ensure the information is accurate, relevant, and appropriate for children and young people. Pol-Ed is designed to support schools in meeting statutory requirements for RHSE whilst also responding to real issues affecting young people in local communities.

Lessons will be delivered by school staff in a safe and supportive environment, where pupils are encouraged to ask questions, discuss ideas, and develop their understanding in a way that is appropriate to their age.

As a school, we will be supplementing this curriculum with lessons on First Aid and Water Safety as well as Sex Education for our year 6 pupils.

Please click on the link below for additional information:

<https://www.pol-ed.co.uk/audiences/parents/homes>

For any further information or questions please contact Mrs Stanley (RHSE Lead) via the Home Contact email address.

Kind regards,

Kate Stanley

Year 6 class teacher/RHSE Lead

