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Headteacher: Mr Adam Rowland

23rd September 2026

Dear Parents and Carers,

I am writing to share some developments to our Personal, Social, Health and Economic (PSHE) curriculum at Woodlands Meed School and College.

We have recently adopted a new Relationships and Sex Education policy 2026, which reflects both the updated Department for Education guidance and the PSHE education Planning framework for pupils in SEND (KS1-5) developed by the PSHE Association. The framework is specifically designed for pupils with SEND and supports the development of essential knowledge and skills in areas such as self-awareness, safety, relationships, emotional wellbeing, healthy lifestyles and preparation for adulthood.

Attached to this letter you will find:

- A copy of our new PSHE and RSHE Policy.
- Curriculum maps for both the Orange and Blue Pathways.

Please be assured that, whilst the framework provides a comprehensive progression pathway for learning, teachers will continue to use their professional judgement and their detailed knowledge and understanding of your child to identify the most relevant learning opportunities. As with all areas of the curriculum at Woodlands Meed, learning will be tailored to pupils' developmental needs, communication abilities and individual circumstances.

We believe that high quality PSHE education plays a vital role in helping our pupils stay safe, develop healthy relationships, understand themselves and prepare for adult life. We are committed to working in partnership with families and value your views as we continue to develop this important area of the curriculum.

We would be grateful if you could take a few minutes to complete our consultation survey using the SurveyMonkey link below:

<https://www.surveymonkey.com/r/5BB5RGK>

Your feedback will help us ensure that our curriculum continues to meet the needs of our pupils and reflects the views of our school and college community.

Thank you for your continued support.

Yours sincerely,

Nola Bennett
Deputy Headteacher (Careers and Curriculum)

Secondary PSHE education Planning framework for pupils in SEND (KS4-5)

Secondary PSHE education Planning framework for pupils in SEND (KS4-5)

PSHE education | Long-term overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Self-awareness	Self-care, support and safety	Managing feelings	Changing and growing	Healthy lifestyles	The world I live in
Age range Age 10-11	How do we learn? Introduce pupils to skills for learning and how to get help from adults in school. SA2 SA5	What's public and private in school, and who helps us? Pupils learn how to navigate public and private spaces, and what to do if feeling unwell in school. SSS1 SSS6	What is mental wellbeing? Pupils learn about strong feelings and how they can affect wellbeing. MF1 MF5	Who are our friends? Pupils explore what makes a healthy friendship and how to make friends. CG2	How can we keep healthy? Pupils learn how to stay healthy, including safe use of medicines. HL1 HL5	How can we care for our environment? Pupils explore why and how to protect the planet. WIL15
	What makes us special? Pupils celebrate everyone's uniqueness and identify their personal strengths. SA1 SA3	What is safe online contact? Pupils learn ways to safely communicate with others online, including what information to keep private. SSS4 SSS6	How do I feel about myself? Pupils learn skills to maintain self-esteem and respond to unkind comments. MF2	What is puberty? Pupils learn how to help manage the changes of puberty. CG1	What is body image? Pupils explore what affects body image as people grow older. HL4	How can we buy things online? Pupils explore money and safe ways to spend online. WIL14 WIL12
	What is pressure? Pupils explore when people might be under pressure and how to respond or get support. SA4 SA5	What is gambling? Pupils explore the risks related to gambling money. SSS7	How do I feel about others? Pupils explore what romantic feelings are and situations involving attraction. MF3	What is a healthy relationship? Pupils learn about healthy and unhealthy relationship behaviours. CG3	What is a healthy lifestyle? Pupils rehearse skills for staying active and preparing healthy meals. HL2 HL3	What is equality? Pupils learn about people's rights and responsibilities in an equal, diverse society. WIL11
	What is prejudice? Pupils consider the protected characteristics and how to treat others fairly. SA3	What is personal space? Pupils learn how to assert their own and respect others' personal space and privacy. SSS8 SSS2 SSS6	How can I keep mentally well? Pupils revisit skills for emotional regulation and learn about mental health concerns. MF5 MF6	What is sexual intimacy? Pupils learn about sexually intimate relationships, including consent and contraception. CG4	What can harm our bodies? Pupils recap the use of medicines and learn about harmful and illegal drugs. HL5 HL6	What risks are there online? Pupils learn how to manage online harms, including AI and sharing images. WIL13
	How can we respond to pressure? Pupils revisit peer pressure, rehearsing skills to respond. SA4 SA5	How can I manage risk? Pupils learn how to respond in risky and emergency situations, including with first aid, and for medical concerns. SSS3 SSS5 SSS1	What are romantic relationships like? Pupils explore what might shape our expectations of romantic relationships. MF4	What makes a parent? Pupils learn about committed relationships, including marriage and parenthood. CG5 CG3	Is it hard to stay healthy? Pupils consider challenges and build skills to maintain a healthy lifestyle with more independence. HL1 HL2 HL3 HL4	What is it adulthood like? Pupils practise skills for managing money and for participating in work. WIL16 WIL14
	What are we proud of? Pupils reflect on what they are proud of in school and rehearse skills for learning. SA1 SA2	What does power mean? Pupils learn about power in relationships, including harmful behaviours. SSS8 SSS2	How can I manage my feelings towards others? Pupils explore strong feelings they may have in relationships and how to manage these. MF1 MF3	How can we look after our sexual health? Pupils learn about what can affect fertility and how to look after sexual health. CG4 CG6	What are the laws about drugs? Pupils revisit illegal drugs, the harms they can cause and laws related to them. HL6	How can I live independently? Pupils learn about adult life, independent living and the online world. WIL13 WIL17
Age 16-19						