



Midhurst Rother College

The best in everyone™

Part of United Learning

21 September 2026

Dear Parent / Carer

Personal, Social, Health and Economic (PSHE) Education Curriculum 2026-2027

I am writing to share information about the PSHE (Personal, Social, Health and Economic) education curriculum that your child will be taking part in this academic year.

PSHE is an important part of our curriculum and plays a key role in preparing students for life in modern Britain. Pupils develop the knowledge, skills and confidence to stay healthy and safe, build positive relationships and make responsible choices. Their learning also prepares them to participate actively and respectfully in their communities.

Our PSHE curriculum is organised into three core units across the academic year:

- Autumn Term: Health and Wellbeing
- Spring Term: Relationships
- Summer Term: Living in the Wider World

These units are taught in an age-appropriate and sensitive manner; encouraging discussion, reflection and personal development while promoting our school values of respect, happiness and achievement.

To help you understand the content your child will be learning, I have included links below to our PSHE Curriculum, Personal, Social, Health and Economic Policy, and the Relationships Education, Relationships, Sex Education (RSE) and Health Education Statutory guidance. These documents provide further information about the topics covered and our approach to delivering PSHE across the school.

PSHE Curriculum: [Personal Social Health and Economic Education Curriculum 2026-2027.pdf](#)

PSHE Policy: [PSHE & RSE Policy .pdf](#)

Relationships Education Guidance: [Relationships Education, Relationships and Sex Education and Health Education guidance](#)

We recognise the important role that parents and carers play in supporting children's personal development and encourage you to discuss learning from PSHE lessons at home.

If you have any questions about the curriculum or would like any further information, please do not hesitate to contact.

Yours sincerely

Mr Ashley Lamb

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