LINCROFT ACADEMY
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Autumn 2026

Dear Parents and Carers

Lifeskills Curriculum

We are writing to let you know about updates to our Lifeskills curriculum following the revised Department for Education statutory guidance for Relationships, Sex and Health Education (RSHE), which came into effect on 1 September 2026.

At Lincroft Academy, Lifeskills is our programme for Personal, Social, Health and Economic Education (PSHE), including the statutory elements of Relationships and Sex Education (RSE) and Health Education. It supports our CARE values and helps students develop the knowledge, confidence and skills they need to stay safe, build positive relationships and make informed choices.

Students receive age-appropriate learning through a combination of:

- dedicated Lifeskills lessons;
- tutor-time activities;
- assemblies;
- student leadership opportunities;
- safeguarding and wellbeing activities; and
- wider opportunities across the school.

What is changing?

The revised guidance reflects some of the challenges young people face today. Our curriculum will continue to be age and developmentally appropriate, with topics revisited in greater depth as students mature.

Alongside our existing curriculum, there is an increased focus on:

- Healthy and respectful relationships – including consent, boundaries, positive relationships, sexual harassment and sexual violence.
- Respect and equality – including challenging sexism, misogyny, harmful stereotypes and prejudicial attitudes.
- Online safety and digital life – including online influences, misinformation, AI, deepfakes, image sharing, pornography, sextortion, scams and understanding how online content can influence attitudes and behaviour.

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- Mental health and wellbeing – developing resilience, recognising when we or others may need help, and age-appropriate education about self-harm, eating disorders and suicide prevention.
- Physical and sexual health – including puberty, reproductive and sexual health and making safe and informed choices.
- Personal safety – recognising risk, harmful behaviour, exploitation and abuse and knowing where and how to seek help.

Teachers will approach sensitive subjects carefully and factually, creating a safe environment in which students can ask appropriate questions. Teaching will be adapted to students' age, maturity and needs.

Working with parents and carers

The updated guidance places particular importance on partnership with parents. We want families to understand what students are learning through Lifeskills and parents and carers are welcome to contact us to discuss curriculum content or request to view the materials used.

Parents have the right to request that their child is withdrawn from some or all sex education delivered as part of RSE. This does not apply to Relationships Education, Health Education or content taught as part of the science curriculum. Any request for withdrawal will be discussed with parents in accordance with the statutory guidance. From three terms before a student turns 16, they may choose to receive sex education even where a parent has previously requested withdrawal.

Further information about our Lifeskills curriculum and relevant policies is available on our school website. If you would like to discuss any aspect of the curriculum, including withdrawal from sex education, please contact me at hstoodley@lincroft.academy.

Thank you for your continued support.

Yours faithfully,

Hannah Stoodley
Assistant Principal