Information for Parents, Families and Carers

The Muse Wellbeing curriculum helps children grow into confident, caring and respectful individuals. We teach a wide range of life skills through PSHE and RSHE lessons, helping children to understand their feelings, build positive relationships and stay safe and healthy.

We have tailored our lessons to be age-appropriate, inclusive and in line with national guidance. This short guide explains what we teach, why we teach it and how we work in partnership with families and communities of care for all students.

The Muse Wellbeing Curriculum

Every lesson is carefully structured to promote children's:

- Mental and emotional wellbeing
- Personal safety and safeguarding
- Positive behaviour and respectful relationships
- Confidence in understanding their bodies and feelings
- Ability to make healthy choices online and offline

Muse Wellbeing is built around five core values:



What Is RSHE and Why Is It Taught?

RSHE stands for Relationships, Sex and Health Education. In primary schools, Relationships Education and Health Education are statutory, meaning they must be taught by law.

These lessons focus on helping children:

- Understand emotions and manage friendships
- Stay physically and mentally healthy
- Stay safe in the real world and online
- Develop respect for others and for themselves

Sex Education is not statutory in primary schools as outlined in the updated 2025 RSHE guidance. However, Health Education includes key learning about puberty and personal hygiene, which are essential for children's development and safeguarding. Muse Wellbeing teaches this content with care, clarity and scientific accuracy to help children feel confident and informed.

Puberty and Sex Education in the Muse Wellbeing Curriculum

The idea of physical change is introduced in Key Stage 1, where children learn that babies, children and adults grow and develop differently. Puberty is first mentioned in Year 4, then explored more fully in Years 5 and 6, including emotional changes, body awareness, hygiene and self-care. These lessons are part of statutory Health Education.

Muse Wellbeing also includes two non-statutory Sex Education lessons in Year 6, which explore human reproduction. Parents have the right to withdraw their child from these Sex Education lessons, and schools will clearly identify which lessons these are.

FGM, female genital mutilation, is covered separately as an age-appropriate safeguarding issue. All puberty, safeguarding and sex education content is taught in a calm, respectful and age-appropriate way.

Aligning Muse Wellbeing with the Updated 2025 RSHE Guidance

Muse Wellbeing has been carefully reviewed and updated to support schools in meeting the updated 2025 RSHE guidance, which becomes statutory from September 2026. We carefully examined the guidance line by line, making updates to lesson content, language and learning outcomes to support clear alignment.

The revised curriculum places strong emphasis on mental health, safeguarding and emotional literacy. Statutory and non-statutory content is clearly separated, and lessons consistently promote respect, safety and personal responsibility. Muse Wellbeing supports schools with a carefully aligned RSHE and PSHE curriculum, with clear information and transparency for families.

What If I Have Questions or Concerns?

We believe that parents, families and carers are essential partners in children's education. All lesson content is shared openly with schools who can arrange meetings for you to review the materials. You are always welcome to ask for more information or discuss particular topics with school staff.

Muse Wellbeing does not promote ideology or specific beliefs. Our curriculum is rooted in respect, kindness and understanding whilst reflecting British Values including democracy, liberty and mutual respect for people of all backgrounds. If you have any questions, your school will be happy to talk them through with you.

We're proud to share this journey with families who care deeply about their children's wellbeing. Welcome to the Muse Wellbeing curriculum.

With thanks,

The Muse Wellbeing Team