



05 October 2026

Dear Parents and Carers

Re: Overview of Personal Development, RSE, and RE Provision

At Maiden Erlegh Chiltern Edge, we are committed to fostering the personal wellbeing, safety, and development of all our students. Our Personal Development curriculum encompasses Personal, Social, Health and Economic (PSHE) education, Relationships and Sex Education (RSE), Social, Moral, Spiritual and Cultural (SMSC) development, and Religious Education (RE).

Curriculum Delivery & Jigsaw PSHE

All students receive two hours of Personal Development lessons per fortnight. Religious Education is taught as a standalone subject at Key Stage 3 through Religion & Philosophy, and delivered through the tutor programme at Key Stage 4.

To deliver our PSHE and RSHE provision, we use the updated Jigsaw 11–16 programme, which is fully compliant with Department for Education (DfE) statutory RSHE guidance. The curriculum is structured around six core units (known as 'Puzzles') taught progressively across Key Stages 3 and 4:

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me

These units cover essential life skills across our seven core Personal Development themes: Emotional Wellbeing, Citizenship and Community, Careers, British Values, Personal Health, Risk and Safety, and RSE.

Statutory Guidance & Parent Access

Our lessons are age-appropriate, culturally sensitive, and carefully tailored to help pupils build healthy relationships, manage online safety, and support personal wellbeing. In line with DfE statutory guidance, parents may request to withdraw their child from some aspects of RSE or from certain elements of the RE curriculum.



We value working in close partnership with parents. If you would like to view sample Jigsaw learning materials or discuss any aspect of the curriculum, we can provide you with an online access link to review these resources.

Further Information

For full details on our scheme of work and policy details, please visit the Personal Development page on our school website:

[Personal Development](#)

If you have any questions, please contact our Personal Development Coordinator at **meceoffice@maidenerleghtrust.org**.

Yours sincerely



Miss Cheeseman

Assistant Headteacher

