

October 2023

Dear Parent/Carer

RE: RSHE - Relationships, Sex and Health Education at PCS

We want to make sure that our young people at PCS can make informed decisions about their health, wellbeing and relationships, in a sensitive way that is appropriate for their age.

As we are sure you are aware, secondary schools are required to teach relationships and sex education (RSE) to all students. Health education is now also compulsory in all schools - (RSHE) Relationships, sex and health education.

We understand that you, as parents/carers, need to have confidence in what your children are being taught in the classroom about relationships, sex and health education (RSHE) and as a school we have a duty to share teaching materials with you.

At PCS, teaching builds on the key building blocks that were taught in primary schools for healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. It develops students' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex and how to have positive and healthy sexual relationships.

Current guidance is that should you wish to do so, you should be able to see what your children are being taught in RSHE lessons.

All of the information you require regarding our KS3 and KS4 overview, our learning journey and our medium term plans can be found on our [website](#). Our Trust RSE Policy can also be found on our [website](#).

This is scheduled to be renewed in **March 2024**. At our next Parent Voice meeting on **Wednesday 29 November 2023**, we shall be looking at the policy in more detail, with a view to gaining parents'/carers' views and opinions. We will also be sharing with parents and carers our resources and lesson content. The content we use is factual and age-appropriate and the meeting will provide parents with an opportunity to find out more of what your children are being taught in class. If you are unable to make the meeting and would like to view any of our resources or lesson content, please do feel free to contact us at school with the topic(s) that are of interest to you.

Our lessons are planned using resources from the PSHE association, NHS Every Mind Matters, Childline and NSPCC.

It is mandatory for the full RSHE curriculum to be taught in all schools. As parents/carers, you have the right to request that your child is withdrawn from sex education but not from relationships education. Please see our policy on how to do this.

If you have any additional questions, you may find the further reading helpful:

[What do young children learn in PSHE.](#)

Kind regards
Ms Josie Turner
Assistant Headteacher - Personal Development

Mr Marc Cresswell
Subject Leader for Health and Social Care