

Our Ref: CFE/308.LCO

September 2024

Dear Parents/Carers

Relationship and Sex Education

YEAR 7

We believe that promoting the health and well-being of our students is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) course. The aim of the PSHE course is to help our students make safe and informed decisions during their school years and beyond.

Relationship and Sex Education (RSE) is an important part of the PSHE course. We will be teaching lessons about RSE and will include topics such as puberty, periods, hygiene, bullying, friendships, coercive friendships, unwanted contact, LGBTQ+ and consent. During the unit, students will be able to ask questions, which will be answered factually and in an age appropriate manner. Each student's privacy will be respected, and no one will be asked to reveal personal information.

Some parts of RSE are compulsory - these are part of the National Curriculum for Science. Parents can withdraw their children from all other parts of RSE if they wish to do so. If you would like to do so, please contact Ms Ferguson by 13/09/24. However, we believe that all young people have a place to discuss pressures, check facts and dispel myths. Even if a child is withdrawn, many students will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all children will have the opportunity to take part in our carefully planned lessons.

Many parents and parent-related organisations support good quality RSE in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting the school. All materials used are available for you to browse through (prior to your child being taught) should you so wish.

Yours sincerely

Claire Ferguson

Claire Ferguson
Curriculum Leader of PSHE