

Dear Parents and Carers,

I am writing with regards to the delivery of personal, social and health education for the academic year 2023/24. It is a requirement for schools to include relationship and sex education as part of their delivered curriculum.

Personal, Social, Health and Economic (PSHE) is a highly important subject to guide students through their development of knowledge, skills and attributes to stay healthy and safe and to prepare for their futures. The curriculum provides opportunities to help guide students to reflect on and validate their own values and attitudes, especially where challenging, and sometimes conflicting, attitudes and values can be explored.

Our aim is to enable students to become healthy, safe, independent, responsible members of society, where they are able to demonstrate respect and tolerance, to be able to manage their own lives and to contribute to the wider communities in a modern Britain.

The curriculum within both key stage 3 and 4 Relationships and Sex Education (RSE) is covered in line the DFE Guidance of statutory requirement, alongside PSHE topics of economic wellbeing, careers and enterprise education and personal safety.

The curriculum for PHSE and RSE uses structured learning opportunities for each key stage, to explore three core themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

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At key stage 3, students are able to build on the knowledge and learning, skills and attributes and values that they have acquired during primary school. The curriculum will include changes that young people experience, starting with the transition to secondary school, challenges of adolescences and the challenges of increasing their independence. They will have the chance to gain knowledge and skills to equip them with the challenges and opportunities of life. Students will learn to manage diverse relationships, on-line safety and the increasing influence of peers and the media.

The concepts are developed further in key stage 4 the curriculum where study will help students to deepen knowledge and understanding of themes by extending and rehearsing skills to further explore identity and attitudes. The focus will be on supporting students with moving on towards an independent role in their adult life, to incorporate being able to take on a greater responsibility for themselves and others.

Please be aware that PHSE and relationship education is mandated as part of the national curriculum and all students are expected to engage with this program. The content delivered relating to sex education, whilst advised, can be opted out of at the request of parents or carers.

If you wish to withdraw a child from planned sessions with content focused on sex education can you please contact Heather Smith (Curriculum Lead) on 01327 366926 or by email hsmith@ontrackededucation.com.

If the school receives no correspondence with regards to a child, the full PHSE and RSE curriculum will be delivered as standard.

Yours sincerely,



Stuart Garrett
Assistant Head

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