



Aldercar High School

In pursuit of excellence

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Parents and Carers,

As a part of your child's education at Aldercar High School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health, Relationships and Sex Education (PSHE/RSE) education programme. PSHE/RSE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that in line with new Government guidelines, over the next academic year, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in years 7 - 11 will include teaching about: healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. PSHE/RSE education is taught throughout Year 7 - 13, and is delivered through the tutor programme and drop down days, and during timetabled lessons for Key Stage 3 students. The curriculum is monitored and reviewed regularly by the staff and governing body, for which a PSHE/RSE Policy is published each year and which will incorporate any feedback about the new curriculum.

All PSHE/RSE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. As the PHSE/RSE curriculum is rolled out, we would welcome any feedback or concerns you may have about the content of the curriculum. As a school community, we are committed to working in partnership with parents; recent national feedback has indicated that the overwhelming majority of parents continue to be supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, we would urge you to direct any comments or concerns at all to this e-mail address: info@aldercarhigh.co.uk

Yours sincerely

Sarah Murray
Assistant Head/Personal Development