

4th September 2025

Dear Year 7 Parents & Carers

This year in PHSRE lessons we will be focusing on the following topics:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
My new school	Good to be me	Friendships and bullying	Personal hygiene	Good mental health	Puberty

As you can see, we will be focussing on Health and Relationships and Sex Education (RSE) during the Spring and Summer terms. This is a compulsory subject in all secondary schools and aims to help pupils gain knowledge that will enable them to make informed decisions about their well-being, health and relationships. More details about what is taught in each topic is attached to this letter.

Lessons will be delivered in a structured, sensitive, age appropriate and developmentally appropriate way and also delivered with reference to the laws and DFE statutory guidance. Effective RSE does not encourage early sexual experimentation. It teaches young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity.

The role of parents and carers in the development of children's understanding about RSE is vital. Parents and carers do have the right to request that their child be withdrawn from some or all of Sex Education delivered as part of statutory RSE but we hope that you will work closely with us to help your child grow, mature and form healthy relationships.

If you would like to discuss any of the information contained within this letter or wish to request the withdrawal of your child then please do not hesitate to contact me by email in the first instance.

Yours faithfully



Mrs A Williams

Deputy Headteacher

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