



17/01/2025

Dear Parents and Carers,

As a part of your child's education at PCHS & C, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE 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, over the next 10 weeks, starting the **week beginning 20<sup>th</sup> January 2025**, your child's class will be taking part in lessons which will specifically focus on the relationships and sex education (RSE) aspect of this programme. Consideration is taken and as such RSE lessons in Key Stage 4 (i.e. Years 10 and 11) will include teaching about:

- healthy relationships, including friendships and intimate relationships;
- keeping safe and consent;
- changing feelings;
- families;
- growing and changing,
- personal hygiene;
- becoming more independent;
- 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.

The lessons will be differentiated to meet the needs of all learners in terms of level of understanding and maturity, so that the curriculum can be appropriately differentiated. This, like all PSHE teaching will take place in a safe learning environment and will be underpinned by our school ethos and values.

If you have any further questions or queries, please do not hesitate to contact us accordingly.

Yours sincerely,

*A Huggett*

Mrs A Huggett

Curriculum Lead for PHSE