

**5 November 2025**

Dear Parent/Guardian

### **Key Stage 4 – PSHE**

PSHE, or Personal, Social and Health Education, allows students to find out about and discuss a range of topics which impact on their lives and futures. It is delivered in a combination of ways, including a weekly Personal Development lesson, an extended tutor period, the wider pastoral programme and within the core Humanities curriculum.

One key element of PSHE is Sex and Relationship Education (SRE), which is taught in the context of developing positive values and a moral framework that will help guide students in their future judgements and decisions. We aim to teach awareness of diversity and respect for all people, as well as exploring reasons, consequences and responsibilities associated with sexual activity and behaviour.

As part of this ongoing education, we will be exploring the following topics in your son's/daughter's Citizenship lessons.

#### **Year 9**

- Hate speech
- Healthy relationships
- STIs
- Contraception
- Teen pregnancy

#### **Year 10**

- Preparing for the jobs market
- Looks vs Health (obesity and eating disorders)
- Depression, anxiety and suicide

Citizenship/Personal Development lessons give every child and young person an equal opportunity to develop the skills and knowledge they need to thrive now and in the future.



This includes helping them to deal with critical issues they face every day such as friendships, emotional wellbeing and change. And giving them a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope.

The following topics will be explored in your son's /daughters lessons:

- Healthy relationships
- Mental health
- Financial decision making
- Exploring influence
- Addressing extremism and radicalisation
- Work experience

Delivery of these themes will run in line with our Sex and Relationships Education (SRE) and Equality Policies, both of which can be found on the website.

Governors recognise the importance of all students' participation in SRE. A parent may, however, exercise a right of withdrawal from these lessons if the content is not part of the national curriculum (Section 405 of the Education Act 1996). Should you wish to withdraw your child from SRE you should inform the Headteacher in writing, this will be applicable for the current academic year only. If your child is withdrawn we will ask you to provide your child with appropriate work while they are being supervised. We also may invite you to meet with Mrs A Harvey (Assistant Headteacher) who will explain the school's policy and discuss your concerns with you.

Yours sincerely



**Mr M Grantham**  
Headteacher

