



Date: Friday 5th September 2025

Our ref: JCT/sjt

Dear Parent/Carer,

Re: PSHE/RSE for KS3 Students

Personal, social, health and economic education is an important and necessary part of all students' education. Our intent is to deliver a challenging, thoughtful and, well-planned PSHE curriculum that openly teaches skills and knowledge in a learning sequence that delivers students' progress. PSHE must ensure wider development of our students. An RSE Curriculum must be presented within a positive framework of Christian virtue. It is rooted in the Catholic Church's teaching about what it means to live well in relationships with others, emphasising the importance of healthy relationships. The policy can be found on our school website.

We will implement a wide and varied knowledge base that enriches our student's life experience empowering them in their choices for higher education, employability, and global citizenship.

Students in Years 7-9 will have a 100-minute PSHE/RSE session once a fortnight. Resources will offer a diverse programme, powered by Christian faith.

Sessions are facilitated by teachers and from time to time supported by external agencies, topics covered will be:

- Health and Wellbeing
- Relationships and sex education
- Living in the wider World

All material that will be used has been thoughtfully planned by the PSHE Coordinator and are in line with the requirements of the PSHE Association, the Catholic Education Service and the Department of Education. The impact of our PSHE/RSE Programme will create confident, engaged and independent learners who are confident, skilled and knowledge rich individuals.

Please note that new guidance in relation to parents' rights states that Parents can withdraw their children from the 'sex' elements of Relationship and Sex Education (RSE). This can be done by writing directly to the Headteacher requesting permission. They do not have the right to withdrawal from 'health', 'relationships' or any other aspect of Personal Development education. A student can opt back in to RSE lessons against their parents' wishes from three terms before they reach the age of 16. There is no right to withdrawal from the National Curriculum science which includes elements of Sex Education such as puberty and reproduction. If parents do wish to request to withdraw their child from the curriculum, then they need to stipulate in writing to the Headteacher how they intend to deliver the statutory content themselves.

If you have any queries, please email via office@stbernards.southend.sch.uk

Yours faithfully,

Juliet Thomas
PSHE Coordinator