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ACHIEVEMENT FOR ALL

Directors: Mrs R Smith and Mrs J Gardiner

Headteacher: Ms S Dangerfield



Tuesday 24th March 2026

Dear Parents and Carers,

As part of our ongoing Relationships, Sex and Health Education (RSHE) curriculum, we will soon be teaching a series of lessons that help students understand the changes that happen during puberty and, at an age-appropriate level, how human reproduction works. Mrs R. Jones and Ms L. Wade have attended training on the latest RSHE guidance from DoFE and so we will be implementing changes from this term.

To help you feel fully informed, we want to outline which parts of the upcoming content are classed as Sex Education, and which parts fall under Health and Puberty Education.

Content that is *not* Sex Education (statutory for all students):

These lessons focus on understanding the body, growing up, and maintaining wellbeing:

- The physical and emotional changes that happen during puberty, including menstruation, the menstrual cycle, erections and wet dreams
- How hygiene routines change during puberty and how to maintain good personal hygiene
- Menstrual wellbeing and managing periods

These topics are part of the statutory Health Education curriculum, and all students are required to take part.

Content that *is* Sex Education:

These lessons focus on human reproduction and are taught in an age-appropriate and factual way:

- Identifying the external genitalia and internal reproductive organs in males and females, in the context of how puberty relates to human reproduction
- Understanding the processes of reproduction and birth as part of the human life cycle
- Learning how babies are conceived and born
- Understanding that there are ways to prevent a pregnancy

Parents and carers have the right to request that their child is withdrawn **from the Sex Education elements of RSHE** (other than the statutory science curriculum). If you would like to discuss this, or if you have any questions about the content or how it will be taught, please contact the school office to arrange a conversation.

We are committed to delivering these lessons sensitively and respectfully, and as always, ensuring students feel supported, informed and confident as they grow and develop.

As mentioned on last week's Newsletter, we are hosting a parent consultation about RSHE on 27th April at 7pm. You will receive a link for this prior to the event, and this will be a chance to ask any questions and feed your thoughts back to us.

Thank you for your continued support.

Yours sincerely,

Miss Wade

Upper Juniors Class Teacher