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learners who aspire for themselves and inspire others

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Dear Parents and Carers,

As a part of your child's education at Calthorpe Park, 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 coming weeks, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in will include teaching about:

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

Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

Year 8 will start this work this half-term and Year 7 and 9 will start at the latter end of this half-term.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website for our Relationships and Sex Education Policy ([link](#)).

All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. Please be assured that when selecting teaching material, we select materials that are quality assured by the national PSHE Association meaning they have been rigorously assessed by their Subject Specialists to ensure that all materials are of the highest quality.

As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, please contact us using the email address below. Additionally, see this document provided by the Department for Education for parents and carers (https://assets.publishing.service.gov.uk/media/5f2c2b988fa8f57ac88dc996/RSE_secondary_schools_guide_for_parents.pdf)

Yours sincerely,

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