



22nd October 2024

Dear Parent/Carer

As part of your child's education at Mark Rutherford School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme.

What is PSHE and how is it taught?

PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Relationship and Sex Education

I am writing to let you know that next half term your child will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of the PSHE programme. It is compulsory for secondary age pupils to receive Relationship and Sex Education. To view the DfE's statutory guidance for RSE please follow this link: [DfE Relationships and Sex Education \(RSE\) \(Secondary\) guidance](#).

"Effective RSE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem and understand reasons for delaying sexual activity. Effective RSE also supports people throughout life to develop safe, fulfilling and healthy sexual relationships at the appropriate time." DfE Statutory Guidance for Relationships and Sex Education (RSE).

What will be taught in Year 11 RSE?

Year 11 will learn about and have the opportunity to ask questions about:

- The links between emotional wellbeing and relationship conflict, and the implications of this.
- How to further develop the understanding and skills required to negotiate relationship conflicts safely and effectively.
- Different types of commitment and why many people value commitment in relationships.
- Ways to promote sexual health and prevent unplanned pregnancy.
- How fertility changes over time and the different routes to becoming a parent.
- The possible outcomes in the event of an unplanned pregnancy.
- The laws related to abortion and support available.

The lesson plans we use are taken from the Medway Public Health Directorate RSE schemes of work and are PSHE Association quality marked. Example lesson plans are available to view by contacting Mrs Purcell, Leader of PSHE.

RSE Policy

As a school we want to ensure that our RSE Policy meets the needs of pupils and parents and reflects the community we serve. Please click [here](#) to view the school's Relationship and Sex Education Policy. The policy also contains important information for parents who may wish to withdraw their children from sex education classes. If, after reading the RSE Policy and DfE's statutory guidance you would like to withdraw your child from some or all of the RSE lessons detailed above, we ask that you complete Appendix 3 in the RSE policy and contact Mrs Purcell, Leader of PSHE (c.purcell@mrus.co.uk) to ensure that your wishes are understood and so that the nature and purpose of the curriculum can be clarified.

PSHE Education: Gaining Parents/Carers Views

As a school community, we are committed to working in partnership with parents. If you would like to share your thoughts and opinions about PSHE or would like to find out more and discuss any concerns, please complete the following optional form: [PSHE Education: Gathering Parent/Carer Views 2024](#). This form will close on Friday 1st November 2024.

Yours faithfully



Mrs Purcell
Leader of PSHE