



16 September 2026

Dear Parent/Carer

PSHRE Information Letter

You will be aware that, as part of your child's education, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Relationships Education (PSHRE). We aim to give all our students the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives both now and in the future. This is delivered through our Big Picture personal development programme, and we are writing to let you know that your child will be taking part in lessons this term which will focus on both PSHE (Personal, Social and Health Education) and Relationships and Sex Education (RSE) topics.

Lessons will be appropriate to the age and year group of the students and will include topics such as:

- positive and respectful relationships
- healthy lifestyles and wellbeing
- emotional wellbeing
- being safe
- family life
- consent
- contraception and sexual health
- peer pressure
- bullying and abuse
- managing conflict
- internet safety and harms
- living in the wider world

Big Picture lessons are delivered in Years 7 to 11 and are monitored and reviewed regularly. For more detail about our PSHRE curriculum offer, please [click here](#).

All teaching in PSHRE takes place in a safe learning environment and is underpinned by our school value of respect. A variety of opportunities will be provided for students to ask questions to prepare them for relationships in the modern world.

We have always provided a personal development programme for our students. However, since September 2020 all secondary school children are expected to be taught Relationships, Sex and Health education. Please click on the link below to access a guide for parents provided by the Department for Education, which includes further information about the RSE curriculum and your rights as a parent:

[DfE guide: RSE for secondary schools: a guide for parents](#)

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Headteacher: Mr N Renton, Associate Headteacher: Mrs K Moat



Learning Trust Alliance Teacher Training Teaching School Hub

We would also like to invite you to read our [Relationships and Sex Education policy](#). Further information detailing what your child will learn and how you can support your child to discuss these topics at home can be found on the links below.

Key Stage 3			Key Stage 4	
Year 7	Year 8	Year 9	Year 10	Year 11

Relationships and sex education is part of all students' education, and we hope that all will participate. The school acknowledges, however, that under the DFE Sex and Relationship Guidance for 2020, parents have the right to withdraw their children from the non-statutory components of sex education within RSE up to and until three school terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this teaching in one of those three terms (unless there are exceptional circumstances). Requests for withdrawal should be put in writing using the form found in Appendix 3 of the [school policy](#) and addressed to the Headteacher and Personal Development Coordinator. If you require a hard copy of the form, please email mail@hgs.rklt.co.uk.

Your sincerely

L. Hamm

Miss L Hamm
Personal Development Coordinator



Mr B Twitchin
Deputy Headteacher