



Our Ref: TAC/kmd/PSHE/rseY7

December 2023

Dear Parents and Carers,

Re: Personal, Social, Health and Economic (PSHE) Education

You will be aware that as part of your child's educational experience at Oldbury Wells School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives young people the knowledge, understanding, attitudes and practical skills to live healthy safe, productive and fulfilled lives, both now and in the future.

I am writing to let you know that over the next 10 weeks, starting from 9th January 2024, your child's form will be taking part in lessons which will focus on Relationships and Sex education (RSE).

Lessons will include students learning about:

- How to maintain genuine friendships and avoid toxic ones?
- "Bullying or banter" – what is and what isn't acceptable?
- LGBTQAI+ What does this stand for and what do we need to know about it?
- Is it normal to experience romance, love, new feelings in a teen relationships?
- Puberty – What can I expect? What's normal and why does it happen?
- Periods – the menstrual cycle and PMS. What do I need to know?

This is part of our schools PSHE education programme which is taught once a fortnight in every year group by form tutors and is monitored and reviewed regularly by the staff and the governing body. For more details about our PSHE curriculum offer, please visit the school's website, (<http://www.oldburywells.com/parent-information/curriculum/pshe>). All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for students to ask questions to prepare them for relationships in the modern world.

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 your child's head of year, Mrs Morgan, catherine.morgan@oldburywells.com or Mrs Warner, Deputy Headteacher (Behaviour, Attitudes & Personal Development) katharine.warner@oldburywells.com.

Yours sincerely

Terry Cowburn
PSHE Co-Ordinator

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