

**Our Ref:** TAC/kmd/PSHE/rseY9

January 2024



Dear Parents / 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 11 weeks, starting from 19<sup>th</sup> February 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 can we keep good mental health and a positive body image?
- How can we recognise and prevent developing eating disorders?
- What are the different types of family and does it matter what kind of family I have?
- Domestic abuse – how can we tell the difference between healthy and abusive relationships?
- CSE- how are children and young people lured into dangerous relationships and what do these look like?
- What is peer pressure-why is it so powerful and how can we overcome this?

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, Mr Cook, [jake.cook@oldburywells.com](mailto:jake.cook@oldburywells.com) or Mrs Warner, Deputy Headteacher (Behaviour, Attitudes & Personal Development) [katharine.warner@oldburywells.com](mailto:katharine.warner@oldburywells.com).

Yours sincerely

**Terry Cowburn**  
PSHE Co-Ordinator

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