



RESPECT
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Cardinal Heenan Catholic High School

Honey's Green Lane, West Derby Address
Liverpool, L12 9HZ

0151 235 1430 Tel
www.cardinal-heenan.org.uk Web
admin@cardinal-heenan.org.uk Email

Ms K. Smyth Headteacher

4th October 2021

Dear Parent/Guardian

PSHE Programme

As a part of your child's education at Cardinal Heenan Catholic High School, 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 this term, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, now forms part of the National Curriculum as of September 2020. As part of our school's wider Personal, Social and Health Education programme, your child will be receiving lessons on relationships, sexual health and personal safety. As a school with a relatively forward-thinking curriculum, there isn't a great deal of change with this new implementation, nonetheless you need to be aware of the changes.

RSE lessons 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 understanding consent; developing self-esteem and confidence. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. 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 will take place in a safe learning environment and is underpinned by our school ethos and values. As a school community, we are committed to working in partnership with parents. Please visit the school's website: (<https://www.cardinal-heenan.org.uk/>) for more details about our PSHE curriculum and policies.

Schools are required to consult with parents when developing and reviewing their policies for Relationships Education and RSE, which will inform schools' decisions on when and how certain content is covered. Attached you will see the curriculum content per year group. The resources we use to deliver these lessons are all age-appropriate recommendations from the PSHE association. The purpose of the upcoming curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

You do have a right to withdraw your child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before your child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school



should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

There is no right to withdraw from Relationships Education at secondary level and we believe the content of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught. However, we are confident you will share our enthusiasm for the successful implementation of the new PSHE curriculum, which we feel will benefit all our pupils.

You are welcome to contact us at any time to discuss the programme content further.

Kind regards

F Rushe

Ms F Rushe

PSHE / Teacher of History