



Holy Family Catholic High School

Virgin's Lane, Thornton, Liverpool L23 4UL.

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Headteacher: Mr M Symes BA(Hons), NPQH

Monday, October 30, 2023

Dear Parents,

PSHE Programme

As a part of your child's education at Holy Family Catholic High School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is designed to give young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

The programme covers three main areas – Relationships and Sex Education (RSE), Health and Well-being and Careers, preparing our young people for future success in Modern Britain and the wider world. This programme is continually being reviewed and further improved and we are confident that you will share our determination to ensure that our young people continue to grow in confidence and resilience and are respectful members of society.

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. Our PSHE education is taught on a weekly basis, throughout the school and 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, by trained staff using age appropriate resources from the PSHE association 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](#) for an overview of the programme and relevant policies. You are also welcome to contact the school if you wish to view the materials being used in the classroom.

You do have a right to withdraw your child from sex education delivered as part of RSE in secondary schools. If you wish to do so, please email the Headteacher head.holyfamilyhigh@schools.sefton.gov.uk as soon as possible. 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. However, we are confident you will share our enthusiasm for the continued successful implementation of the PSHE curriculum.

Yours sincerely,

Mr. M Symes
Headteacher