



# Holy Family Catholic High School

Virgin's Lane, Thornton, Liverpool L23 4UL.  
Tel: 0151 924 6451 Fax: 0151 932 1417  
Headteacher: Mr M Symes BA(Hons), NPQH

Monday, 06 October 2025

Dear Parents,

As we have now settled into the new school year, I would like to take this opportunity to update you on our Personal Development Programme. This programme encompasses numerous aspects of school life and we are continually striving to provide further enrichment opportunities to equip our young people with the knowledge, understanding and practical skills to live safe, healthy and productive lives.

A significant part of Personal Development, is our PSHE (Personal, Social, Health and Economic) programme, delivered during weekly 'PD' lessons as well as Form Time. This covers three main areas; 'Relationships and Sex Education (RSE)', 'Health and Well-being' and 'Living in the Wider World'.

We follow the guidance from the PSHE Association which is the UK's national body for PSHE. Our programme is carefully designed from Year 7 through to Year 13, to cover all statutory content and provide pupils with a flow of age-appropriate lessons, covering the wide range of topics that prepare them for future success in life and the modern world.

In particular, RSE lessons include teaching about healthy relationships, including friendships, romantic and more 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.

All PSHE teaching, including RSE content takes place take 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.

Following the visit by the Catholic Schools' Inspectorate in May 2025, the teaching of RSE across the school was judged to be 'robust' and 'rooted in Catholic teaching'. Additionally, it was noted that 'Visiting speakers are carefully vetted to ensure alignment with Catholic values'. We are proud of our programme and have been hailed as a model of excellent practice, across the Archdiocese.

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. [PSHE/RSHE | Holy Family Catholic High School](#)

You can also locate the RSE policy on the website [Policies and Reports | Holy Family Catholic High School](#)

We are obliged to inform you that you do have a right to withdraw your child from Sex Education which is delivered as part of RSE in secondary schools, unless there are exceptional circumstances. This 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 plan for this to happen in one of the three terms before the child turns 16 - the legal age of 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) – is vitally important.

If you do wish to withdraw your child, please contact the Headteacher [head.holyfamilyhigh@schools.sefton.gov.uk](mailto:head.holyfamilyhigh@schools.sefton.gov.uk). At this point we would invite you in to school to discuss your concerns and would be able to show you our age-appropriate resources and how the learning is carefully sequenced across the Key Stages.

We will keep you informed regarding any developments with our Personal Development Programme and you are also welcome to contact me if you require any further information, or wish to discuss in more detail, any aspects of the programme.

Kind regards,

Mrs D Coyne

*Leader for the PSHE programme*

[d.coyne@holyfamilyhighschool.co.uk](mailto:d.coyne@holyfamilyhighschool.co.uk)