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**Dear Parents and Carers,**

We are writing to inform you about an upcoming Personal Development session for all Year 10 and Year 11 students. As part of our statutory Relationships, Sex, and Health Education (RSHE) curriculum, students will be exploring the topic of choosing and accessing contraception.

**Personal Development Day Y11- Friday 6<sup>th</sup> February**

**Personal Development Day Y10- Friday 13<sup>th</sup> February**

RSHE is a compulsory element of the national curriculum for all primary and secondary schools in England. It is designed to help young people develop a secure understanding of healthy relationships, physical and mental wellbeing, and—at an age-appropriate stage—sex education. Updated statutory guidance published in July 2025 has further clarified expectations for schools, ensuring that content is delivered sensitively, accurately, and in line with students' developmental needs.

This upcoming session forms part of our wider commitment to preparing students with the knowledge and skills they need to make informed, responsible decisions as they grow into adulthood. The lesson will focus on factual information about different types of contraception, how they work, and how young people can access reliable advice and support. As always, the content will be taught in a respectful, age-appropriate manner.

In line with government guidance, schools are required to work closely with parents and carers to ensure transparency around RSHE. We are committed to strengthening parental engagement and welcome your involvement in shaping our approach. If you would like more information about this lesson, or if you wish to view the materials and resources that will be used, please contact **Mrs Derrington**, who will be happy to share these with you.

Thank you for your continued support in helping us provide a safe, informed, and supportive learning environment for all students.

**Yours sincerely,**

**Mrs Derrington**

**Personal Development Lead**

PRIDE & RESPECT ● CONFIDENCE ● RESILIENCE ● ASPIRATION ● POSITIVITY ● ENJOYMENT ● POLITENESS

