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**OUR LADY & ST. BEDE**  
CATHOLIC ACADEMY

Head Teacher: M Wilkinson

CEO: M Shorten M.Ed., BA (Hons)

Chair of Directors: Y Coates

Dear parents/guardians,

I am writing to inform you about the Health Relationships, Sex and Health Education (RSHE) curriculum taught at Our Lady and St Bede's.

Firstly, I would like to introduce myself. I am Mr Wardman and have been leading the subject for the past 3 years, since it became at statutory requirement in September 2020. As a PE teacher, health is something I have always been passionate about. Through the power of these lessons, we are able to educate our young people on how to stay healthy in all aspects of life.

Prior to 2020, we were already delivering such lessons through the subject Holistic Development (HD). This subject has now expanded to be Health Development, Relationships and Sex Education (HD RSE) to meet the aforementioned statutory requirements. The subject's intent and importance is highlighted through the Secretary of state foreword: *"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."*

As a trust we have bought in to the Ten Ten Resources Life to the Full programme to further enrich the learning and ensure it is taught inline with the Catholic ethos of the school. These resources are accredited by the Catholic Education Service for teaching RSHE in line with the new statutory guidance. The Life to the Full programme has a range of themes that it covers throughout each year group. These include:

- Religious understanding
- Me, My Body and My Health
- Emotional Wellbeing
- Life Cycles
- Personal Relationships
- Keeping Safe
- Living in the wider world

We also cover a number of other topics beyond the Life to the Full programme. Some examples include: Smoking, Alcohol and Drugs, First Aid, Diet and Nutrition, Finance, Careers, Psychology, Knife Crime and Water Safety. As a school we have chosen to add some of these topics to aid further personal development and best prepare our pupils for life. The lessons are classroom based, fully resourced with media rich PowerPoints and worksheet booklets for each unit.

It is important to note that parents have the right to withdraw their children from RSE except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children, they are asked to notify the school by contacting the headteacher. The school will support by providing material for parents to help the children with their learning.

If you require any further information, then please check the school website for details or contact myself through the school enquiries procedure.

Yours Sincerely,

Mr Wardman

RSHE Lead and Teacher of PE