

14 December 2023

Dear Parents/Carers

I wanted to inform you that this term in PASHE, Year 8 pupils will be learning about Relationship, health and sex education. The focus is on healthy ways to deal with difficult feelings during puberty and exploring what constitutes a healthy relationship.

The topic will include:

- ★ Re-capping physical changes that happen during puberty.
- ★ Exploring emotional issues that may arise during puberty, including: self-care during menstruation, handling rejection, confusion over sexuality, peer pressure relating to sexual experience and coping with bereavement.
- ★ What is consent?
- ★ Different types of relationships and the signs of healthy and unhealthy relationships.
- ★ Contraception and Sexually transmitted diseases

All the content is age-appropriate and pupils will have opportunities to ask anonymous questions which will be answered carefully in an age-appropriate manner. All lesson content is published on the school website

<https://www.selwood.somerset.sch.uk/curriculum/subjects/pashe>

If you would prefer for your child to be withdrawn from the sex education lessons you can email me on Jennifer.Howell@selwood-academy.co.uk by Tuesday 2nd January 2024. Pupils cannot be withdrawn from relationship and health education, only sex education lessons.

Yours sincerely

Jennifer Howell
Head of PASHE/R&P

'Let your light shine before others' Matthew 5 v 16
Head Teacher: Mr Daniel Jeffries BA(Hons) MA NPQH NPQEL

Selwood Academy, Berkley Road, Frome, Somerset, BA11 2EF
Telephone: 01373 462798
email: selwoodacademy@selwood-academy.co.uk web: www.selwood.somerset.sch.uk

Registered Company Number: 7814065

Safeguarding is everyone's responsibility - Selwood Academy is committed to safeguarding and promoting the welfare of our children and we expect all members of staff, volunteers and visitors to share this commitment.