



Beths Grammar School

an 11 – 18 selective school with academy status

Headteacher: Mr R J Blyghton

Re: The PSHE and RSHE curriculum at Beths Grammar School

Dear Parents and Carers,

We believe that promoting the health and wellbeing of our students is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help students make safe and informed decisions during their school years and beyond.

Relationships, sex and health education (RSHE) is the statutory element of our PSHE curriculum and all secondary schools in England are required to teach it. We will be teaching lessons about RSHE as part of our PSHE timetabled lessons and drop-down days in the summer term. During these lessons, students will be able to ask questions, which will be answered factually in an age-appropriate manner. Each student's privacy will be respected, and no one will be asked to reveal personal information.

RSHE is compulsory for all secondary school students and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides students with the time to ask questions in a safe and supportive environment. Please also be reassured that our students will receive factual information as part of our curriculum delivery, as opposed to some of the secondhand content available via some online platforms. In the 21st century students are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

Our RSHE curriculum is a carefully planned to ensure our students are appropriately equipped to navigate the world around them safely. We believe that if our young people are not properly informed and educated, they can be left vulnerable, and we therefore seek to empower our students through our high-quality educational provision here at Beths Grammar School.

You can access our RSE policy from the school website using this link:

<https://www.beths.bexley.sch.uk/attachments/download.asp?file=4310&type=pdf>

What are the aims of RSHE in our school?

Depending on the age of our students and the lessons in their particular year group, we want

- *develop the confidence to talk, listen and think about feelings and relationships*
- *develop friendship/relationship skills*
- *develop positive attitudes, values and self-esteem*
- *provide knowledge and understanding about puberty and the changes that will take place*

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- *provide knowledge and understanding about reproduction and sexuality. Some aspects of this is also covered in Key Stage 3 and 4 Science.*
- *address concerns and correct misunderstanding that children may have gained from the media and peers*
- *develop skills to help children protect themselves against unwanted sexual experience*
- *empower students to understand their bodies are amazing and they have a right to talk about keeping safe and consent in a manner of situations not just those linked to sexual intimacy*
- *know where and how to seek help*
- *to empower children with the confidence to talk about their bodies and their feelings.*

An outline of our RSHE programme can be accessed from the school website using the link below:

<https://www.beths.bexley.sch.uk/attachments/download.asp?file=4836&type=pdf>

If you have any queries about the content of the programme, please do not hesitate to contact us at school. All materials we use can be made available for you to browse through should you so wish.

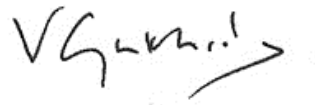
Yours sincerely,



Mr C Healy
(PSHE and RSHE Coordinators)

JM

Miss J May



Mr V Gukhool (Deputy Headteacher)