

7th January 2025

Dear Parents and Carers

You will be aware that, as a part of your child's educational experience at Acle Academy, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education through our Character and Culture lessons and curriculum. As of September 2020, Relationships and Sex Education (RSE) is now part of the statutory curriculum for schools to provide. This programme gives young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. This is part of our school's CC curriculum and education programme which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. For more detail about our CC curriculum offer, please visit the school's website, where the curriculum map is available.

I am writing to let you know that, over the Spring term, your child's class will be taking part in lessons which will focus on Relationships and Sex Education (RSE). In year 7, the curriculum and lessons are focused around healthy and unhealthy relationships, different types of families, managing online relationships. We will build on the KS2 curriculum where students will have been introduced to key facts about puberty and the adolescent body, exploring the changing body, including menstruation and puberty, consent, healthy and unhealthy features of relationships. The students will explore relationship expectations and boundary setting. This will link with and underpin future learning about the main changes and the implications for emotional and physical health, in relation to topics such as self-esteem, body image, impact of social media.

All teaching in CC will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for students to ask questions in order to prepare them for relationships in the modern world. As a parent or carer, you are entitled to request that your child is withdrawn from sex education lessons, other than content covered within the science curriculum. Requests for withdrawal should be submitted in writing to the Principal who will discuss this with you and your child's teacher and determine an appropriate substitute for these lessons.

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If you would like any more information or to view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home, please do contact the school mjacotine@acle.norfolk.sch.uk or you may wish to refer to the Just One Norfolk website for further advice-

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-people-s-emotional-health/relationships/>

As a school community, we are committed to working in partnership with parents.

Kind regards



Mrs M Jacotine
Assistant Principal for Personal Development
& Careers Lead

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