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2nd September 2025

PSHE Curriculum : Relationships & Sex Education

Dear Parents and Carers,

As a part of your child's education at Impact, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that throughout the academic year your child's form group will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in KS3 and KS4 will include teaching about: Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Executive Leadership Team. Please visit the school's website: www.impactindependentschool.org.uk for more detail about our PSHE curriculum.

All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. If you would like to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home then please contact the school.

Kind regards,

A handwritten signature in black ink, appearing to read "Jayne Whitehouse".

Jayne Whitehouse
Headteacher