

7 November 2025

Dear Parent/Carer

### Upcoming RHPD lesson

As part of health education in Personal Development, Year 10 will soon be learning about breast and testicular cancer in a forthcoming lesson. The lesson will cover some key facts about how young people can look after their own health, and encourage them to think sensitively, as well as learn how to self check and look out for signs and symptoms.

The lessons will aim to help students to understand:

- what cancer is
- how to minimise risks
- signs and symptoms to be aware of
- how to self examine
- how to talk to a doctor about concerns

This lesson will form part of the health education aspects of our Personal Development curriculum. I would like to remind you that parents and carers have the right to request and excuse their child/children from sex education with the exception of those parts that are included in the statutory Science National Curriculum. There is no right to withdraw from Relationship and Health Education at secondary level and we believe the content of these subjects - such as family, friendship, safety (including online safety) and ways to maintain a healthy lifestyle - are important for all children to be taught.

We recognise that this is a sensitive topic, but an important one. If you have any concerns or questions, please speak to your child's teacher and/or Head of House and we will ensure that your child is supported.

Yours faithfully



Mr N Everest  
Head of Character and Culture