

7 October 2025

Dear Parent/Carer,

Y7 - Upcoming RHPD Lesson

As a part of your child's education at The Weald we promote personal wellbeing and development through a comprehensive Relationships, Health & Personal Development programme (RHPD). Personal Development is the discrete curriculum subject that gives children 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 your child's RHPD class will be taking part in lessons which will focus on the Relationships, Sex and Health Education (RSHE) aspect of this programme.

Our lessons will build upon gaps of knowledge in an age-appropriate way in the context using the correct language, to keep safe and feel confident to ask questions. The topics will be discussed in an open, mature and age appropriate way. The purpose of the upcoming curriculum is to provide knowledge and understanding of body changes during puberty by recapping and building on what they might have covered during primary school, how to have safe and healthy relationships based on respect and understanding, and exploring themes of love and romance. The lesson topics are the following:

- Body changes, puberty and hygiene
- Family life
- Romance
- Unhealthy relationships

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 are confident you would rather be secure in the knowledge that our young people have learned about relationships and health in a safe environment, rather than learning through hearsay and gossip, and be exposed to learning through harmful online influences such as pornography and inappropriate websites. Any parent/carers wishing to excuse their child/children from any Sexual Education lessons should put their request in writing to their son/daughter's Head of House and to me.

Please note that this parental and carer right to exclude is limited up to and until three terms before the child turns 16 (typically Year 11). After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms.

There are huge personal and social benefits of a young person receiving sex education, any withdrawal may have detrimental effects on the child. This could include any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher.

A copy of our school policy can be found at:

<https://www.theweald.org.uk/attachments/download.asp?file=2846&type=pdf>

Young people often operate very freely in the online world and by secondary school age some are likely to be living a substantial proportion of their life online. But we also recognise that parents and carers are the most important educators of young people in personal issues and many welcome the support that we as a school can offer to supplement their home teaching.

Yours faithfully,

A handwritten signature in blue ink, appearing to read 'N Everest', with a long horizontal flourish extending to the right.

Mr N Everest
Head of Character and Culture