



ABBOT'S LEA SCHOOL

Headteacher: Mrs Ania Hildrey, FCCT, B.Ed(Hons), M.Ed, NPQH, NPQEL



18 September 2025

Dear Families,

Ref: Relationships, Health and Sex Education

As part of our PSHE provision to students, we deliver a comprehensive Relationships and Health Education curriculum. We ensure that all statutory objectives are adequately covered so that all children learn about different relationships, different families, physical/mental health and wellbeing and staying safe. Children will also learn about puberty and their changing bodies.

Families do not have the right to withdraw their children from lessons that cover statutory Relationships and Health Education objectives. Equally, they are unable to withdraw their child from lessons that cover national curriculum science objectives. This includes all the information on puberty and how the human body changes.

In line with best practice, we also deliver supplementary Sex Education content. These lessons include learning about human reproduction and sexual relationships. Families do have the right to withdraw their child from lessons covering this non-statutory content. However, we would urge any families considering withdrawing their child from these lessons to consider what is being taught, how it is being taught and how important this education is for all children. Primary Sex Education ensures children have the knowledge to keep them safe and prepares them for statutory Sex Education in Key Stage 3.

Our Relationships, Health and Sex Education is fully inclusive to meet the needs of all our students. We fully believe that all children should learn about these important life skills in an open, honest and safe environment. We also believe that they should be taught in an **age-appropriate** and engaging way. This may not necessarily mean that a child is taught in line with their chronological age, but rather, with their developmental age. We encourage families to view our Relationships and Sex Education Policy and scheme of work.

RSE Policy:

[PSHE-including-RSE-policy-2025-26.pdf](#)

RSE Scheme of Work:

<https://www.abbotsleaschool.co.uk/medium-term-plans-rse-pshe-and-life-skills/>

We believe it is important to have a strong partnership with families. Therefore, if you feel it would be beneficial for the class team to provide any further reading or support to any families wishing to discuss the objectives taught with their children at home, please do not hesitate to ask your class team.

Any children who are withdrawn from lessons covering non-statutory content will be provided with alternative learning in another learning space. You can make the request to withdraw your child by contacting Mrs Tobin, Deputy Headteacher: deputy@abbotsleaschool.co.uk

Please note that the Department for Education has released guidance this year, that will become statutory in September 2026. As a result, we will be reviewing our PSHE curriculum to ensure it is both compliant and the best it can be.

Yours sincerely

A handwritten signature in blue ink that reads "A Hildrey". The signature is written in a cursive style with a large initial 'A' and a stylized 'H'.

Mrs A Hildrey
Headteacher