



ABBOT'S LEA SCHOOL

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



23 October 2025

Dear Families,

Ref: Relationships, Health, and Sex Education

As part of our statutory duty to offer Personal, Social and Health Education (PSHE) to students, we offer a comprehensive Relationships and Health Education curriculum. We ensure that all statutory objectives are adequately covered so that all students learn about different relationships, different families, physical/mental health and wellbeing and staying safe. Students 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 why this education is important 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 (the start of their secondary education).

Our Relationships, Health and Sex Education is fully inclusive to meet the needs of all our students. We fully believe that all students 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. We encourage families to view our Relationships and Sex Education Policy and scheme of work.

- <https://www.abbotsleaschool.co.uk/long-term-plans-rse-pshe-and-life-skills/>
- <https://www.abbotsleaschool.co.uk/wp-content/uploads/2024/08/RSE-policy.pdf>

For children in our Bespoke Provision classes, the content of RSE lessons differs to meet the needs of our learners. Next term, students in USA and Canada will focus on the following:

- To know what a boy, girl, man and women look like
- Body changes over time
- To understand the term 'private' and what we mean by 'private'
- They will learn about boy parts including penis, vagina, breasts and bottom
- The Menstrual Cycle

To support our female minority group, The Menstrual Cycle will be briefly covered for the whole class and in a smaller, female only cohort.

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 students 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 me directly via email:
primary@abbotsleaschool.co.uk

Yours sincerely

A handwritten signature in black ink that reads "L. Cartwright". The signature is written in a cursive style with a large, prominent initial "L".

Mrs L Cartwright
Assistant Headteacher – Primary Department