22 October 2026

Dear Families,

Ref: Relationships, Health and Sex Education (RHSE)

Earlier this academic year, in September, we wrote to families to share information about our PSHE curriculum and to consult with parents and carers regarding our Relationships, Health and Sex Education provision.

As we continue delivering this programme, we wanted to provide a brief reminder of the content taught and how families can access further information.

As part of our PSHE curriculum, we deliver a comprehensive programme of Relationships and Health Education. This ensures that all statutory requirements are met and that students develop the knowledge, understanding and skills they need to build positive relationships, look after their physical and mental wellbeing, understand personal safety, and prepare for adulthood. Students will also learn about puberty and the changes that occur as they grow and develop.

Families do not have the right to withdraw their child from lessons covering statutory Relationships and Health Education or National Curriculum Science content, including teaching about puberty and the changing human body.

In addition to statutory content, we may provide some supplementary Sex Education teaching depending on our students' cognitive ability and understanding. This may include learning about human reproduction and sexual relationships.

Families do have the right to request that their child is withdrawn from these non-statutory elements of the curriculum. However, we would encourage families to consider the nature of the content, how it is adapted to meet the needs of our learners, and the important role it plays in helping young people stay safe, healthy and prepared for adulthood.

At Abbot's Lea School, our Relationships, Health and Sex Education curriculum is fully inclusive and carefully adapted to meet the developmental needs of our students.

We believe that all young people should have the opportunity to learn these important life skills within a safe, supportive and age-appropriate environment.

Further information can be found in our Relationships and Sex Education Policy and curriculum information, which are available on the school website.

If you would like any additional information, resources or support in discussing these topics at home, please contact your child's class team.

- Policy: PSHE-including-RSE-policy-1.pdf
- Curriculum information: Abbot's Lea School – PSHE

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Should you wish to discuss the non-statutory elements of the curriculum or request withdrawal from specific Sex Education lessons, please contact me directly on deputy@abbotsleaschool.co.uk

We value the strong partnership we have with our families and thank you for your continued support in preparing our young people for happy, healthy and safe lives.

Yours sincerely



Mrs E Tobin
Deputy Headteacher