Dear Parents and Carers,

At Fowey River Academy we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people 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 from September 2020 your child’s class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons will include teaching about Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. It is very important to note that PSHE is taught in an age and stage appropriate and developmental way.

PSHE education is to be taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Please use the fact sheet and slides to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home.

As a school community, we are committed to working in partnership with out pupils and parents and I have attached the link to a survey on PSHE including the health, relationships and sex education programme. The information I gather from the survey will help me to create a curriculum that is specific to our students and their needs.

Link to survey:

Link to fact sheet and PowerPoint for further information: <https://foweyriver.fireflycloud.net/pshe>

If you would like to find out more or discuss any concerns, please do not hesitate to contact me via email: [ssmith@fracademy.org](mailto:ssmith@fracademy.org)

Yours sincerely,

Mrs Sam Smith

(Subject lead for PSHE education & contact email address)