ST ANSELM'S CATHOLIC SCHOOL

A Catholic Academy in the Archdiocese of Southwark
Member of the Kent Catholic Schools' Partnership

Headteacher: Mr J Rowarth
BA (Hons) NPQH

"faith seeking understanding"

Thursday 11th September 2025

Dear Parents and Carers,

As a part of your child's education at St Anselm's Catholic School, we promote personal wellbeing and development through a comprehensive **Personal, Social, Health and Economic Education (PSHE)** programme or as we call it - **Skills for Life.** This is based on the statutory DFE guidance. PSHE is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives, to achieve their full potential, and enable them to make informed life decisions. It also includes RSE and over the course of the year, your child will be taking part in lessons which will focus on the **Relationships and Sex Education (RSE)** aspect of this programme.

RSE lessons for each year group will include:

- Year 7: Puberty and the Menstrual Cycle; Types of relationships- Family and Friends.
- Year 8: Respectful Relationships- Relationships and sex education including consent.
- Year 9: Pregnancy and Parenthood -Delaying pregnancy and parenthood, pregnancy choices, pregnancy planning.
- Year 10: Respectful Relationships- Relationships and sex education including consent; Sexually Transmitted Infections
- Year 11 Respectful Relationships: Relationships including consent.

In addition, all groups in Year 7 though to Year 10 will have the opportunity to cover Sexual Harassment and Consent in single sex sessions.

In Key Stage 5, the Sixth Form students will revisit these topics in Form Time sessions with their tutors.

All PSHE teaching takes place in a safe learning environment, with solid ground rules and is underpinned by our Catholic school ethos and values and monitored and reviewed regularly by the staff and governing body. PSHE is taught throughout the school in all year groups and in addition we invite external speakers and have designated assemblies to highlight topical issues arising in society that might benefit our young people.

For all pupils it is compulsory to attend relationship and health education lessons. However, parents have the right to withdraw their child from sex education up until three terms before their child's sixteenth birthday. Thereafter, attending sex education lessons becomes the child's decision.

Updates to Relationships, Sex and Health Education (RSHE) from September 2026

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There are forthcoming changes to the Relationships, Sex and Health Education (RSHE) curriculum, following new statutory guidance issued by the Department for Education in July 2025. These changes will become mandatory in all secondary schools from **1st September 2026**.

What this means for St Anselm's

We will update our RSE programme over the next academic year to ensure it meets the new requirements and will publish on the school website. Parents and carers will be able to view the teaching materials we use, including any provided by external partners.

Working together with families

We want to ensure that you are fully informed and confident about the education your child will receive. At St Anselm's, our priority is to provide an RSE curriculum that reflects the realities of young people's lives today, while supporting their personal development and wellbeing. We greatly value your support. If you would like further information or to discuss any concerns you might have, please contact me.

Yours sincerely,

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