

5 September 2025

Dear Parents and Carers

As a part of your child's education at Stour Valley Community School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme, now called 'FUTURES' to encompass our careers provision and enhancement days. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential. I am writing to let you know that at points throughout the year 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 for each year group are briefly outlined below. Further details are also available via our website: [Futures \(PSHE Plus\) - Stour Valley Community School](http://www.stourvalleycommunityschool.org/futures)

	Autumn Term	Spring Term	Summer Term
Year 7	Puberty	Positive relationships (friendships and family)	Introduction to consent in general.
Year 8		FGM	Sex and the law
Year 9	Healthy Relationships Consent	Coercive Control FGM Fertility	Introduction to STIs Conflict Management Rights in Relationships Loneliness
Year 10	Friendships and Bullying	Consent Self-Examination and Contraception	Pornography and the Law
Year 11	Cervical Screening	Sexual Harassment	

Our priorities for this curriculum are that it is:

- ▶ - **PROTECTIVE:** keeping our students safe in today's digital climate.
- ▶ - **DEVELOPMENTALLY APPROPRIATE:** responsive to questions and issues raised by our students and current/emerging societal issues.
- ▶ - **EMPOWERING:** celebrating healthy relationships and choices, not just avoiding risk.
- ▶ - **INCLUSIVE:** relevant to all students and reflective of the whole community; locally, nationally, and internationally.



- ▶ - **EVIDENCE-BASED:** informed by research and by the experiences of our students and other young people.
- ▶ - **EFFECTIVE:** focusing on life skills and open discussion as well as factual knowledge.
- ▶ - **PROFESSIONAL:** taught by trained teachers through Whole Child training in school and supported by specialists.
- ▶ - **ENGAGED WITH PARENTS AND CARERS:** to ensure they are aware, informed and have opportunities to ask questions through weekly updates in the Parent and Carer Bulletin and uploaded here.
- ▶ This includes fortnightly lessons for Key Stage 3 students, twice weekly tutor time sessions for Key Stage 4, three Enhancement Days a year and weekly assemblies.

Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. PSHE education is 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. Our full RSE policy can be found here: [Policies - Stour Valley Community School](#)

As you are aware the Department for Education gives parents and carers the right to remove their child from Sex Education content covered in their PSHE (Futures) lessons up until three terms before they turn 16. As our curriculum is built around building healthy relationships and what the law says, there are no resources that are solely sex education and all resources are planned using current research and government advice. If you are concerned about the content, please view the information on our website and contact Miss L Howard at: lhoward@stourvalley.org 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. There is further advice for parents and carers on our website and additional information sent out in our Parent and Carer Bulletin every week.

As a school community, we are committed to working in partnership with parents. If you would like to find out more, we encourage you to talk to us.

Yours faithfully

Miss L. Howard
Futures (PSHE) and Wellbeing Lead

