

16th November 2023

Dear Parents/ Carers,

You will be aware that, as a part of your child's educational experience at Ashington Academy, we aim to promote wellbeing and development through our programme of Personal, Social, Health and Economic Education (PSHE) that gives our young people the knowledge, understanding, attitudes and practical skills to become happy and well-rounded individuals. We aim for all our students to know how to deal with the challenges of the modern world, be informed about how to keep themselves safe and healthy and have good relationships with others.

From September 2020 the Department for Education made Relationships Sex Education and Health Education compulsory in all schools.

What does the new guidance mean?

The new guidance focuses on healthy relationships and keeping children safe. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up, it will give young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. All the sessions will be age-appropriate and meet the needs of all students in the class.

How will this be delivered?

This guidance will form part of our school's PSHE programme which is taught throughout the school in every year group by your child's form teacher. It will be monitored and reviewed regularly by the staff and Governing Body. For more details about Relationships Sex Education and Health Education and the school's policy, please visit the school's website:

[Ashington Academy RSHE Policy](#)

Or

[RSE Secondary Schools Guide for Parents](#)

All teaching will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally.

As part of our delivery of relationships and sex education we will regularly consult with you on our policy. Please read the School SRE policy. Any comments you have

regarding the policy, please e mail admin@ashingtonacademy.co.uk. by **Friday 24th November 2023**.

We strongly encourage parents to discuss your child's experience with them following their PSHE lessons.

We welcome feedback on how we can support your child's personal development further.

If you wish to discuss any aspects of our PSHE curriculum or SRE policy, please do not hesitate to get in contact with a member of our Pastoral team.

Yours sincerely,

Mrs K Tweddle
Associate Assistant Headteacher

