



23rd September 2025

Re: RSHE and PSHEE lessons at Ashington Academy

Dear parent or guardian,

As part of your child's educational experience at Ashington Academy, we are committed to ensuring that our young people are well equipped to deal with the challenges and risks that they may face in modern society. Our aim is that every student understands how to be safe and healthy, and is able to manage their academic, personal and social life in a positive way.

What does the Department for Education (DfE) guidance say?

The [DfE guidance](#) focuses on healthy relationships and keeping children safe. It also covers a wide range of topics relating to physical and mental health, wellbeing and safeguarding. Students must learn about the emotional, social and physical aspects of growing up, and be provided with the information, skills and positive values they need to be able to form safe and fulfilling relationships and to take responsibility for their own well-being. All sessions must be age-appropriate and meet the needs of all pupils in the class.

How will this be delivered in Ashington Academy?

This guidance forms part of our school's World Ready curriculum which is delivered to every year group by form tutors. It is monitored and reviewed regularly by senior Trust staff and the Governing Body.

What is the World Ready curriculum?

Our World Ready curriculum in school consists of Personal, Social, Health and Economic Education (PSHEE) and Relationships, Sex and Health Education (RSHE) and follows Department for Education guidance. Through delivery of this programme, our goal is to equip our young people with the necessary resilience, knowledge, understanding, attitudes and practical skills to become happy and well-rounded individuals. It is essential that all of our students know how to deal with the challenges of the modern world, how to keep themselves safe and healthy and how to develop positive relationships with others. Relationships, Sex and Health Education has been compulsory in all schools since September 2020.

How is this content delivered?

All teaching takes place in a safe learning environment and is 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.

Where can I find out what is being taught and when?

Our curriculum plans are published on our website and can be accessed using this link [SMSC and PSHE | Ashington Academy](#).

In particular, content to relationships and sex have been highlighted in yellow and green of our [five year PSHE and RSHE plan](#).

For more details of what will be taught when, and to see our Sixth Form curriculum please see our 39- week plans for the year.

- [Y7-11 Long Term Plan](#)
- [Y12-13 Long Term Plan](#)

All teaching resources used in our World Ready programme are also available to you and your child on [Student POD](#) and we would encourage you, as parents and carers, to discuss the content of what has been taught in school and continue those all-important conversations at home.

If you have any questions or concerns about any aspect of our planned curriculum, please do not hesitate to get in contact.

Yours sincerely,

Mr B Maddox

B. Maddox

Assistant Headteacher – Personal Development & Wellbeing

