



January 2023

Dear Parent/Carer

RE: Personal, Social, Health and Economic (PSHE) Curriculum

As a part of your child's education at Nottingham 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.

The PSHE programme follows these three themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

Relationships and sex education and health education (RSE) became statutory in all secondary schools in England in September 2020. The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity.

At Nottingham Academy, RSE will be taught as part of the PSHE programme of study in tutor time. There will also be assemblies and workshops throughout the year to allow for external providers to share their expertise.

Parents/carers will have the right to withdraw their child from part or all of the sex education delivered as part of RSE. Parents/carers can do this until 3 terms before their child turns 16. After that, it'll be the child's decision.

Parents cannot withdraw their child from the relationship education in RSE or health education.

When teaching these subjects, the religious background of pupils will be considered, so that topics are appropriately handled. Further information can be found at:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

An overview of the PSHE curriculum for each year group is included at the end of this letter. If you have any feedback or suggestions on this, please complete the feedback form here:

<https://forms.office.com/e/uDSqjf1EcY>

Requests for withdrawal Sex Education should be put in writing using the form below. A member of the Senior Leadership team will then arrange to speak with parents and carers to explore their views and ensure that the nature and purpose of Sex Education is understood. A written record will be kept of this discussion.

<https://forms.office.com/e/t3w5cEUpXS>

Yours faithfully

Ms L Smikle
Assistant Principal Student Development