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Tel: 01444 244133 **Email:** office@woodlandsmeed.co.uk
Headteacher: Mr Adam Rowland

5th February 2024

Dear Parents/Carers

Re: RSE (Relationship, Sex Education)

In the Spring term your son/daughter will be taking part in a bespoke RSE programme as part of our Relationship, Sex Education (RSE) curriculum. These lessons have been created to meet the needs of Key Stage Three students at Woodlands Meed School. The aim of the lessons is to expand the students' knowledge, understanding and confidence of what it means to build and maintain safe and healthy relationships, and to give the young people the knowledge and confidence to speak out, and know where to go for support, if they find themselves in a situation that makes them feel uncomfortable.

The topics which will be covered in each year group are as follows:

	Spring 1 Relationships	Spring 2 Health & wellbeing
Year 7	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM
Year 8	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies
Year 9	JIGSAW: DG (Dreams and Goals) Aspirations, how to achieve goals and understanding the emotions that go with this	JIGSAW: HM (Healthy Me) Being and keeping safe and healthy

The first lesson will be an assessment of the students so that we can further tailor the information to meet their needs and we can find out what they would like to know more about in RSE. The last lesson will also be an assessment to establish what the students have learned and to allow the staff to evaluate with the students how to improve RSE lessons in the future.

Staff are supporting students with many of these issues throughout the year and we know you are regularly discussing with your son/daughter many of these issues too. We hope to provide the students with a supported safe space to develop their understanding of the above themes.

More information about RSE at Woodlands Meed can be found here: [Woodlands Meed - Relationship Education](#). If you have any questions about the programme or would like further information please don't hesitate to contact me.

Yours faithfully

Yasmine Joy (KS3 PSHE Lead)