



**School Site:** Chanctonbury Road, Burgess Hill, West Sussex, RH15 9EY  
**College Site:** Birchwood Grove Road, Burgess Hill, West Sussex, RH15 0DP  
**Tel:** 01444 244133 **Email:** office@woodlandsmeed.co.uk  
**Headteacher:** Mr Adam Rowland

22<sup>nd</sup> May 2026

Dear Parents/Carers

## **Relationship and Sex Education 5AM**

Relationships and Sex Education (RSE) became a statutory part of the National Curriculum in September 2020. As part of our school's wider Personal, Social, Health and Economics Education (PSHE) programme, your young person will receive RSE lessons.

The purpose of the curriculum is to provide knowledge and understanding of safe and healthy relationships, based on respect. We have designed a positive curriculum to help students understand all aspects of their health, including their relationships and sexual health, and how this relates to their lives now and in the future.

### **What will pupils learn this term?**

#### ***Healthy relationships and Sexual Health***

**The characteristics of healthy and unhealthy relationships.**

**How to manage relationship conflict.**

**Relationship values and how to assess readiness for intimacy.**

**Different types of contraception and how they work.**

**Sexual health, the potential consequences of sex and ways to reduce risk.**

**How to manage the end of an intimate relationship.**

The first lesson will be an assessment of the pupils so that we can further tailor the learning 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.

You may find that your young person asks questions about a topic at home, and therefore you may want to take the opportunity to discuss topics with your young person.

You can find the Woodlands Meed RSE policy via this link: [RSE Policy](#)

You may like to watch our PSHE and RSE subject films on the Woodlands Meed website, where you can see how these topics are taught and supported in practice. [Woodlands Meed RSE subject film](#)

If you have any queries about the content of the programme, or resources used, please speak to your child's class teacher.

Best wishes,

A handwritten signature in black ink, appearing to read 'Nola Bennett'. The signature is written in a cursive style with a large, stylized 'N' and 'B'.

Nola Bennett