



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

01/06/26

Dear Parents/Carers

Relationship and Sex Education

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?

- Understanding what healthy relationships look like, including respect, consent, boundaries, and how relationships change over time.
- Understanding the physical, emotional and mental changes of puberty, including body development, menstruation, and how boys' and girls' bodies change.
- Understanding conception and pregnancy, including how a baby is made and develops, and the responsibilities of caring for a baby.
- Understanding body image and self-esteem, including how media can influence how we feel about ourselves
- Reflecting on changing feelings during adolescence and recognising that everyone develops differently.
- Knowing where to go for help and support if needed.

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.

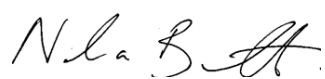
You may find that your young person asks questions about a topic at home, and therefore you may want to take the opportunity to discuss topics with your young person.

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 initial 'N' and a long, sweeping tail.

Nola Bennett