



12<sup>th</sup> October 2022

Dear parents and carers,

As part of your child's education at St. Osmund's, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. Throughout the academic year 2022-2023 your child will be taking part in lessons which will focus on the relationships and sex education (RSE) aspects of this programme using accredited, age-appropriate resources. **RSE lessons for each year group will include the following:**

- Year 5: Privacy and personal boundaries, permission giving and acceptable/unacceptable contact, staying safe, changing bodies.
- Year 6: Menstrual wellbeing, managing change in puberty, reproduction.
- Year 7: Healthy relationships, puberty, managing strong feelings, concept of consent.
- Year 8: Friendships and influences, consent in intimate relationships, contraception and sexual health, stereotypes and gender roles, peer pressure, online relationships, image sharing and staying safe from harmful online content.

A presentation called '*Relationship and Sex Education at St. Osmund's School*' can be found on our school YouTube channel. This includes further information and examples of resources used in lessons. Parents and teachers are the most influential sources of information for young people, in addition to the internet, media, friends and peer groups. This is why we believe that it is imperative for parents and teachers to give clear information that protects children and prevents misunderstandings that may be heard or read elsewhere.

We are committed to working in partnership with parents: should you wish to discuss the contents of our RSE programme further, please do get in touch with me. Additionally, we would also like to form a parental focus group (with limited numbers) for consultation on our RSE programme of study. If you are interested, please email [Imacnair@stosmunds.dorset.sch.uk](mailto:Imacnair@stosmunds.dorset.sch.uk) including your name, child's name and tutor group.

The supportive conversations you continue to have with your child around these important RSE topics is greatly appreciated. The NSPCC publish advice for having difficult or uncomfortable conversations [www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/).

If you have any specific questions about the RSE curriculum please email [Imacnair@stosmunds.dorset.sch.uk](mailto:Imacnair@stosmunds.dorset.sch.uk)

Yours sincerely,

Mrs. Louisa Macnair  
PSHE Lead