

Friday 4<sup>th</sup> September 2026

Dear Parent/Carer,

### **OUR PSHE & RHSE PROGRAMME AT NORTHUMBERLAND PRU – 2026/27**

As a part of your child's education, 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 students the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the course of this academic year, your child's class will be taking part in lessons which will focus on the relationships and health education aspects of this programme. Students cannot be withdrawn from these lessons.

Relationship Health and Sex Education (RHSE) lessons this year will include students learning about: Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe (including online) and consent; developing self-esteem and confidence. This is all at an age-appropriate level and differentiated by student academic Year group.

Following a discussion with Northumberland PRU, you can, should you wish to, withdraw your child from any or all aspects of Sex Education, other than those which are part of the science curriculum. Students will be able to ask questions, which will be answered factually and appropriately. Each student's privacy will be fully respected, and no one will be asked to reveal personal information.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and our Management Committee. Please visit the Northumberland PRU website, for more detail about our PSHE and RHSE curriculums. All PSHE and RHSE teaching will take place in a safe learning environment and is underpinned by our PRU ethos and values of the 4Rs (Respect, Resilience, Responsibility & Rewards). Individual lesson content will depend on the cohort and be adapted for them at their developmental level.

Parents/carers are the most important educators of young people in personal issues, and many welcome the support that school can offer to supplement their home teaching. You may find that your child starts asking questions about the topic at home, so you might want to talk to them about issues before the work is covered in school.

If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's Class Teacher.

Yours faithfully,

A handwritten signature in blue ink, appearing to read 'R Carr', is positioned above the printed name.

Richard Carr, Headteacher