



NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

18 March 2024

Dear Parent/Carer,

PSHE Programme

As a part of your child's education at Newstead Wood School, 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 young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that your child's class will be taking part in workshops focusing on the relationships and sex education (RSE) aspect of this programme, as well as the healthy lifestyle aspect of the curriculum.

The Healthy Lifestyle workshop will focus on making safe choices in social circumstances, drugs & alcohol, and managing peer pressure. Students will also have opportunities to ask questions that help prepare them for adult life. The provider for this workshop is HowzThat1 (www.howzthat1.com). This workshop will take place on Friday 17 May.

The RSE workshop will include teaching about healthy relationships, including intimate relationships; keeping safe and consent; developing self-esteem and confidence. Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. The provider for this workshop is Talk Consent (www.talkconsent.org). This workshop will take place on Friday 14 June.

In line with statutory guidance, **parents may withdraw their child from RSE education, but they are not entitled to withdraw their children from Health Education.** Consequently, you are entitled to withdraw your child from the RSE Workshop but you may not remove your child from the Healthy Lifestyle Workshop. Please do get in touch with me at mbournat@newsteadwood.co.uk to discuss any questions or withdrawals.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and the governing body. Recently we have been looking at Financial Education, covering topics including gambling safety, saving, and the job application process. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values, overseen by form tutors.

Yours sincerely,

Mr M Bournat
Assistant Headteacher

Headteacher: Mr Alan Blount, MA, BSc, QTS

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Newstead Wood School
Avebury Road
Orpington
Kent

t: 01689 853626

e: office@newsteadwood.co.uk

w: newsteadwood.co.uk

