



Heathfield School Ascot

October 2019

Dear Form II Parents,

Most of you will know that each week the girls in Form II receive a PSHE lesson. This covers Personal Issues such as Self-Esteem, Social Issues such as Friendship, Health Issues, Economic and Citizenship topics.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes, which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

From September 2020 RSE (Relationship and Sex Education) will be a statutory requirement and Health Education is already statutory in Independent schools, meaning the majority of Personal, Social, Health and Economic (PSHE) education will be compulsory from 2020. At Heathfield there is already a carefully planned and comprehensive PSHE programme taught by a specialist teacher. If young people can start their transition into adulthood with a sound knowledge base, aware of relevant information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices.

As part of this programme we cover topics relating to Sex Education that do not fall within the Science specifications. It is considered good practice in schools to look at these topics within the context of considering healthy relationships and personal feelings.

We would like to inform you that we will be covering some aspects of sex education with pupils in Form II. This will include looking at the physical and emotional changes of both male and female puberty, responding to questions that students may have about relationships and ensuring that students are aware of how to keep safe while using social media, including the emotional and legal consequences of sharing personal images. Other topics Form II will be looking at in PSHE in the first half of the Michaelmas Term:

- What topics students would like to cover in the future in PSHE.
- Reminder of the rules for the PSHE class so that everyone feels safe and able to take part and how to deal with sensitive subjects.
- Keeping safe on-line including grooming/cat fishing.
- Body Image.

These lessons are planned and delivered by me as an experienced specialist and are an opportunity to inform and discuss with honesty, sensitivity and thoughtfulness. It is important that the students are aware of the facts so that they can make informed decisions in the future to maintain healthy relationships and keep themselves safe.

Your daughter may well want to discuss with you what she has been learning.

If you have any questions or comments, I would be very happy to talk with you so please contact me at: adiaz@heathfieldschool.net

Yours sincerely

Mrs Anita Diaz
Subject Leader PSHE

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