



Midhurst Rother College

The best in everyone™

Part of United Learning

5 December 2024

Dear Parent/Carer

As a part of your child's education at Midhurst Rother College, 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, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, during the spring term your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of the PSHE programme. RSE lessons in Year 10 will include further developing students' understanding of healthy intimate relationships; keeping safe and consent; and developing self-esteem. A further aspect of the RSE curriculum will also cover digital safety and the influence of online media on students' understanding of behaviours within relationships. Within their PSHE lessons pupils are given regular opportunities to discuss the learning in small groups and to ask questions to help develop their understanding of each lesson topic.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, please do not hesitate to contact me on: Colin.Harris@MRC-academy.org

Yours sincerely

Colin Harris
Director of Humanities and Subject Leader of PSHE



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