

3<sup>rd</sup> March 2026

Dear Parents and Carers,

As a part of your child's education at Stamford Welland Academy we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme which is delivered through Learning for Life lessons. 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 for the remainder of the Spring Term and the first half of the Summer Term your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

The structure of the curriculum is based on the PSHE association thematic model and we are using resources from Life Lessons. For more information and to see some of the resources that we will be using there is a parent information page on the Life Lessons website which you will find here: <https://lifelessons.co.uk/rshe-guidance-for-parents/>. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

If you would like further information about the curriculum and the resources that we will be using we are holding a parent information meeting at 5pm Monday 9<sup>th</sup> March. If you would like to attend this session then please fill in the Microsoft form here <https://forms.office.com/Pages/ResponsePage.aspx?id=KbjZ4RaYVEydnK3i2OOqbrAVF1W6NRKpTI26486wodUMTI5MFFXOFpJNEZTWIIIVWEpNVU84SkpSOS4u> so that we have an idea of numbers.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the Meridian Trust PSHE Curriculum document here <https://www.meridiantrust.co.uk/how-we-make-schools-great/curriculum/lifeskills-pshe/> for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Parents have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school will make arrangements for this to happen in one of the three terms before the child turns 16 – the legal age of sexual consent. If you would like to discuss withdrawing your child then please contact me via email [sswain@stamfordwellandacademy.org](mailto:sswain@stamfordwellandacademy.org) to arrange a meeting to discuss.



As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, we would urge you to attend the information meeting and look forward to seeing you there.

Yours sincerely,

Mrs Swain  
Assistant Principal, Extending the Boundaries of Learning



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