



23 April 2021

Dear Parents / Carers

Our PSHE & SRE Programme – upcoming visit

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) course throughout the year. This looks at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE programme is to help our pupils make safe and informed decisions during their school years and beyond.

We have also been lucky enough to secure the services of guest speaker David Morris (RNN), a sexual health outreach worker and mental health first aider from North Cumbria Integrated Care NHS Foundation Trust who will be visiting school on 26 May 2021. Sex and Relationship Education (SRE) is an important part of the PSHE programme. We will be continuing to teach lessons about SRE during the Summer term which will include topics such as puberty; healthy and unhealthy relationships; pregnancy; contraceptives; prevention of HIV/AIDS and other sexually transmitted diseases; prevention of sexual abuse; FGM; body image; sexting and social media; pornography; consent. During the programme, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Some parts of SRE are compulsory - these are part of the National Curriculum for Science. Parents can withdraw their children from all other parts of SRE if they wish to do so (if that is the case, please submit your request in writing). However, we believe that the presentation of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts and dispel myths. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all students will have the opportunity to take part in our carefully planned lessons which takes place in a safe learning environment and is underpinned by our school ethos and values.

Yours sincerely,

Andy Coates

Headteacher

SwitchED2 Ulpha Farm Meathop Grange-over-Sands Cumbria LA11 6RG

 **01539 552066**  **andy@switched.org** **www.switched2.org**