

Kettlethorpe High School

Standbridge Lane, Sandal, Wakefield WF2 7EL

Headteacher: Roisin Paul



24 November 2025

Dear Parents and carers,

As a part of your child's education at Kettlethorpe High 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. The physical, mental and social health and safety of every child is uppermost in our approach to PSHE and RSHE (relationships, sex and health education) at Kettlethorpe High School. We believe in empowering our pupils to understand the world that they live in and be confident in their own place in society. We encourage them to develop into good, considerate members of the public, following our school's vision of working together to 'be the best we can be.'

From September 2020, the Department for Education made Relationships, Sex and Health Education (RSHE) statutory in all secondary schools in England. As a school, we are committed to delivering this curriculum in a way that is age-appropriate, inclusive, and sensitive to the needs of our students and wider school community. RSHE is taught within the PSHE curriculum and is monitored and reviewed regularly by the staff and governing body. Each year group have one session of PSHE a week during tutor time.

Our RSHE programme is based on government guidance and includes topics such as:

- Healthy relationships and friendships
- Online safety and media
- Consent and boundaries
- Physical and emotional health
- Puberty and body changes
- Sexual health and contraception (year 9 onwards)
- Mental wellbeing
- Respect and equality

Biological aspects of RSHE are taught within the science curriculum in year 7 and then re-visited again in PSHE lessons in both year 9 and year 10. Students also receive stand-alone health sessions on contraception in Year 9 and sexual health in Year 10, all of which are delivered by a trained health professional from Spectrum Community Health.

Last year, we also introduced pupils to an education programme called Pol-Ed to supplement their PSHE education. Pol-Ed is designed by West Yorkshire Police and provides lessons and resources under 3 umbrella topics: Relationships, Keeping Safe and Understanding the Law. These topics are linked to PSHE, RSHE and Citizenship already taught within school. Pol-Ed lessons and content have been embedded within the school's current curriculum and enhances teaching, ensuring that both statutory and non-statutory areas of the PSHE/RSHE and Citizenship curriculum are covered. Please feel free to visit the Pol-Ed website www.pol-ed.co.uk if you would like further information on this.

Parental support is integral to the success of our RSHE curriculum. Whilst we have an educational and legal obligation to provide young people with relationship and sex education, we respect the primary role of the parents /

carers in educating their children about these matters. Parents/carers are entitled to request that their child be withdrawn from some aspects of sex education delivered as part of statutory RSHE and any requests for withdrawal should be put in writing and addressed to Mrs Paul, the headteacher.

Parents / carers are very welcome to explore our RSHE curriculum further by visiting our school website and reading our policy. As a school community, we are committed to working in partnership with parents and we thank you for your continued support.

Yours sincerely,

Mrs E Bowers

A handwritten signature in black ink, appearing to read 'E. Bowers', written over a dotted line.

Subject Lead for PSHE

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