



21st November 2023

Dear Parents and Carers,

As a part of your child's education here at St Bede's, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is delivered by form tutors, during Personal Development lessons and 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. Teaching takes place in a safe learning environment and is underpinned by our school's Catholic ethos and values.

Within this taught curriculum, students take part in lessons which focus on Relationships, Sex and Health Education (RSHE). Our RSHE programme is delivered using resources from the Ten Ten programme, an award-winning organisation that has been working in Catholic education for 15 years. The name 'Ten Ten' derives from the Scripture passage John 10:10

*I have come that they may have **life**, and have it **to the full**.*

RSHE is taught within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church. Given that RSHE is a statutory subject for all schools, Ten Ten are embracing "the challenges of creating a happy and successful adult life" by giving pupils knowledge "that will enable them to make informed decisions about their wellbeing, health and relationships" (DFE Statutory Guidance).

As a Catholic community, we believe that RSHE is integral to the lifelong learning process and the belief that we have been uniquely created in the image and likeness of God; as such, all people have special value and worth. It is firmly rooted in the school's PSHE education programme, through Religious Education and as part of the statutory National Curriculum for Science. We believe parents are the first educators of their children. It is their right and responsibility to inform and educate their children in matters relating to human growth and development, particularly sexual development. As such we hope that this programme will complement and not replace the primary role of the parent.

Lessons are stage and age appropriate and include teaching about healthy relationships, including: friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

Parents/carers are welcome to access Ten Ten resources at [Online Parent Portal – Ten Ten Resources](#) using the following login details:

Username: **st-bedes-dh7**

Password: **hope-joy**

Parents/carers have the right to request that their child be withdrawn from some parts of Sex Education, delivered as part of statutory RSHE; please note, that there is no right to withdraw from Relationships Education or Health Education. Further information can be found in our [Relationships, Sex and Health Education Policy](#). If you decide to withdraw your child, we encourage you to discuss your decision with school at the earliest opportunity. Please visit the school's [website](#) for more detail about our Personal Development curriculum, including the PSHE and RSHE overview.

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 contact me at alawrance@stb.bwcet.com

Yours faithfully

A handwritten signature in black ink, appearing to be 'A Lawrance', with a stylized flourish at the end.

Mrs A Lawrance
Deputy Headteacher