



**HEDINGHAM SCHOOL
AND SIXTH FORM**
ACHIEVEMENT & EXCELLENCE

Official Sensitive

9 June 2025

Dear Parent/Guardian

Relationships and Sex Education

I am writing to you with regards to Relationships and Sex Education (RSE) at Hedingham School. RSE is one element of our student Personal Development programme, the purpose of which is to equip students with the knowledge they need to enable them to live safe, fulfilled and healthy lives.

Aside from your child's three sessions of personal development each week, which are delivered in form groups between 8.40 and 9.10, students will have a focus morning which explores more sensitive areas of RSE and their personal development.

Students in **Year 7** will have their RSE sessions during lessons 1-3 on 20th June where they will explore information about topics including:

- **Puberty**
- **E-safety. Online peer pressure**
- **CPR and first aid.**

Some parents prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their children from all or part of the relationships and sex education except for those parts included in the statutory National Curriculum (i.e. in Science lessons) or in subjects where apparently unrelated topics lead to a discussion on aspects of sexual behaviour. We would make alternative arrangements in such cases. The request to withdraw must be made in writing to the Headteacher.

Parents are welcome to review any RSE resources the school uses and are encouraged to discuss their decisions with staff at the earliest opportunity. The school policy on Relationships and Sex Education is available in full on the Hedingham School website.

<https://www.hedingham.essex.sch.uk/assets/Documents/Attachments/Relationships-and-Sex-Education-Policy-2021.pdf>

Feedback on any aspect on our Personal Development Programme can be completed by using either the electronic form via the link below or by clicking on it or pasting it into your browser.

<https://forms.office.com/e/aJ4k0n9JFY>

Yours sincerely

Mr Nash
Assistant Headteacher

ENC

TO BE COMPLETED BY PARENTS

Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Parents signature			

Please complete and return to the **FRONT OFFICE** by 8.40am Wednesday 18 June.