



Clacton County High School

Walton Road, Clacton-on-Sea, Essex. CO15 6DZ
Tel: 01255 424266 e-mail: admin@cchs.school

Higher Expectations, Raising Aspirations, Transforming Lives

Our reference: FCOLET KS3 PSHE/RSHE/lh

September 2025

Dear Parent/Carer

I am writing to inform you that as part of our wider curriculum offer, all students at CCHS in years 7-9 receive a Personal, Social, Health and Economic Education (PSHE) lesson every fortnight that is timetabled into their curriculum. In Year 7 and 8, our Relationships and Sexual Health Education (RSHE) curriculum content is covered through our PSHE programme of delivery. In Year 9, students have two focused RSHE lessons that are delivered through a floating timetable and delivered by a subject specialist. During these lessons, students will be taught RSHE instead of their usual timetabled lesson. Our curriculum approach and delivery ensures that as a school we effectively deliver the statutory requirements for PSHE and also RSHE within school, and that we also meet the needs of our students and community.

Each year group has a bespoke curriculum and is another opportunity for students to acquire information, develop skills and positive beliefs, values and attitudes with regards to healthy relationships and sex. The lessons are taught at an age appropriate level, in a safe environment where students can ask questions, and ultimately be equipped to live safe, fulfilled and healthy lives.

These sessions will also promote the spiritual, moral, cultural, emotional and physical development of pupils at the school and of society, and will endeavour to prepare pupils for the opportunities, responsibilities and experiences of later life.

Please find attached our curriculum overview that provides an outline of the topics and lessons that will be delivered to students throughout the course of the year, as well as our RSHE Statement of Intent:

[PSHE and RSHE Curriculum Overview](#)

[RSHE Statement of Intent](#)

Please note that the curriculum map and resources may be adapted to meet DfE guidance and policy documents.

Parents right to withdraw

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSHE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Withdrawal requests should be put in writing and addressed to the headteacher.

A copy of the withdrawal request will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

Pupils who are withdrawn from RSHE will work in the RESET room during this time, and be provided with a reading book, if they have not brought their own, to read during this lesson.

For requests concerning the withdrawal of a student with SEND, the headteacher will take the student's specific needs into account when making their decision.

If you have any questions or wish to learn more about the PHSE or RSHE curriculum, including specifics of the topics, or copies of any of the teaching resources to be used, please contact the school via admin@cchs.school.

Yours sincerely

Fiona Cook

Mrs F Cook

Assistant Head teacher