



September 2025

Dear Parent/Carer

Years 10/11 PSHE & RSHE lessons

I am writing to inform you that as part of our wider curriculum offer, all students at CCHS in Years 10-11 receive a Personal, Social, Health and Economic Education (PSHE) lesson every fortnight that is delivered through a floating timetable. At these times students will be taught PSHE instead of their usual timetabled lesson. Throughout the year all students in Year 10 will also have two focused Relationships and Sexual Health Education (RSHE) lessons that are also delivered through a floating timetable but that are delivered by a subject specialist. During these RSHE lessons, all 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 students at the school and of society, and will endeavour to prepare them for the opportunities, responsibilities and experiences of later life.

Please find attached our curriculum overview that provide 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 After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

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Requests for withdrawal should be put in writing and addressed to the headteacher.

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

Students 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 PSHE 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