



THE BISHOP OF HEREFORD'S BLUECOAT SCHOOL

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Headteacher: Mr Tom Williams

11th December 2024

Dear Parents/Carers,

Year 7

As a part of your child's education at the Bishop of Hereford's Bluecoat School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme delivered through Skills for Life lessons. Our Skills for Life programme has been designed to give young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and reach their full potential.

I am writing to let you know that your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in Year 7 will include teaching about:

- Personal Hygiene.
- Strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing.
- Healthy relationships, including friendships and intimate relationships.
- External factors in relationships.
- Keeping safe and consent.

Students will also have opportunity to ask questions that help prepare them for relationships of all kinds in the modern world. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: [Skills for life curriculum overview](#) for more detail about our PSHE curriculum. All Skills for Life teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

As a school community, we are committed to working in partnership with parents and carers; recent feedback has indicated that the overwhelming majority of parents and carers continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, we would urge you to get in touch.

Kind regards

Rebecca Hodgson

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Second in Department for Religious Studies, Skills for life and Business.