

September 2026

Dear Parent/Carer,

At TCA, we are passionate about the way we deliver a thorough and comprehensive Personal, Social, Health, Citizenship and Economic (PSHCE) education curriculum. PSHCE education is a hugely important subject which ensures that students have the knowledge, understanding and practical skills to live safe, happy and healthy lives in the modern world.

For the benefit of informing parents/carers of our new year 7 students – and as a reminder to others - we are required to provide Relationship and Sex Education (RSE) to all students, and I am writing to let you know that, through the PSHCE curriculum, your child will receive RSE lessons on:

- Healthy and respectful relationships
- Families
- Online safety and awareness
- Growing and changing, including puberty and personal hygiene
- Becoming more independent
- Keeping safe and consent
- Developing self-esteem and confidence

PSHCE lessons will cover a broad range of topics which are built on, year by year, in an age-appropriate way. The curriculum has been designed to pre-empt and recognise the daily challenges faced by young people, and to help them to address them in an age-appropriate way. RSE involves sharing factual information and exploring key issues students face today and in their futures. It teaches young people the knowledge and skills they need to act with kindness and respect in all their relationships as they grow into adulthood. Young people today are increasingly exposed to online material, our PSHCE curriculum is crucial in equipping students with the knowledge and skills to keep themselves and others safe in a digital world.

We recognise that parents and carers may have different values, beliefs and perspectives about some of these topics. We respect the important role that families play in discussing these issues with their children. Our intention is to complement, rather than replace, those conversations. As a parent or carer, you do have the right to request that your child be withdrawn from sex education. Relationships and health education are, however, statutory and your child cannot be withdrawn from these lessons. Should you request this, a meeting with key staff will be arranged to understand the request and clarify the nature and purpose of the curriculum.

Material is taught sensitively at an age-appropriate level and teachers are highly trained to deliver the curriculum, which is sensitive to the backgrounds of all students. To be clear: teachers of PSHCE and Personal Development never tell your child *what* to think; teachers are here to teach your child *how* to think and thrive in modern Britain.



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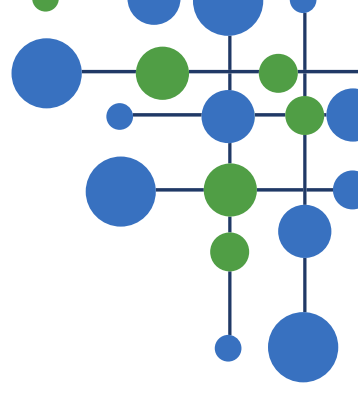
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PSHCE education is taught throughout the Academy in every year group, is subject to regular parental consultation and is monitored and reviewed regularly. Please visit the Academy website for full details about the curriculum and to view our policy.

[Thornhill Community Academy, A SHARE Academy - Personal Development](#)

As ever, we are committed to working in partnership with parents, and if you would like to find out more, or be involved in shaping the Academy's curriculum as it continues to evolve, please contact us. As ever, our Academy's expectations are at the core of all that we do in all subjects – be nice and work hard.

Yours sincerely,

Mrs Rudd
Assistant Headteacher