



April 2021

Dear Parents/Carers

Following my communication in September, I am writing to outline the remaining curriculum elements in Term 5, specifically Relationships, Health and Sex Education [RSHE] which is part of our existing Personal, Social, Health and Economic Education [PSHE] programme.

Already this year students have undertaken a Life After Lockdown programme to support their return to school and wellbeing throughout these unprecedented times. The PSHE curriculum was specifically adapted to include work around emotional resilience and exploration of feelings, due to COVID during Terms 1 and 2. Changes have also been made to ensure that students will still get an opportunity to cover main PSHE aspects missed during lockdown periods. In addition to the Life after Lockdown Programme, they have undertaken a range of modules, including emotional wellbeing, physical health, equality and diversity, social and cultural issues, bullying, on-line safety, environment, the law and substance awareness. Materials have been developed using resources from specialist sources, such as The Tackle Homophobia Project, SHARHP [a clinically evidenced alcohol awareness project], Smart Moves Emotional Resilience, NHS Smoking Cessation, Home Office Democracy and Lloyds Money for Life. The full programme for 2020-2021 can be found on the school website- <https://www.seafordhead.org/pshe-and-wellbeing>

As part of the school's PSHE programme, every student from Years 7 to 11 will receive Relationships, Sex and Health education [RSHE] lessons. This is scheduled for Term 5, as per our spiral curriculum. Age appropriate materials have been developed, in line with the government endorsed PSHE Association curriculum and in line with new statutory guidance that came into effect in September 2020. Information regarding RSHE can be found on our website, in our new RSHE policy and the new guidance can be found on the government website:- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907640/RSE\\_secondary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907640/RSE_secondary_schools_guide_for_parents.pdf)

At Seaford Head School, we recognise the importance of high quality RSHE which supports young people in leading safe and healthy lives into adulthood. RSHE is an entitlement for all young people. We believe that its delivery should be inclusive, taking into account young people's age, gender, learning needs, health, culture, family circumstances and sexuality. RSHE at Seaford Head School will seek to enable young people to gain information and explore attitudes and values.

We firmly believe that RSHE is most effective when provided in a wider context of safety, social and emotional development. Our approach is part of a wider, whole-school ethos in supporting students to be safe, happy and prepared for life beyond school. For example, the curriculum on RSHE complements, and is supported by, the school's wider policies on behaviour, inclusion, respect for equality and diversity, bullying and safeguarding. The curriculum and wider policies are part of a broader ethos and approach in supporting the development of all students, socially, morally, spiritually and culturally.

**Seaford Head Academy Trust**

**Mr R Ellis, Headteacher**

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The RSHE programme places the emphasis upon relationships and supports students' understanding and skill in developing positive and healthy relationships alongside sex, sexuality, sexual orientation and sexual health. It is not about the promotion of sexual orientation or sexual activity. RSHE follows a spiral curriculum, as recommended by the PSHE association and Sex Education Forum. This means key areas, such as healthy relationships, peer pressure and consent, will be revisited throughout the students' experience in an age-appropriate manner. This will provide timely and age appropriate information about their bodies and relationships, enabling them to make their transition into adulthood with the confidence and knowledge to understand what is happening to them and, hopefully, grow into confident and healthy adults with the ability to make positive choices.

During Term 5, students in Year 11 will undertake specific sessions around the C-Card scheme that have been developed, and will be facilitated by, staff experienced in sexual health.

The East Sussex C-Card scheme is a free and confidential co-ordinated condom distribution network for young people aged between 13 and 24 years. It aims to provide quick and confidential access to condoms, supported by evidence-based, accurate contraceptive and sexual health information and sign posting to comprehensive contraceptive and sexual health services.

The scheme has been established in East Sussex for a number of years and currently includes providers from a wide range of organisations. To register for a C-Card, a young person must go through a process of induction which has assessed their suitability for the scheme. The young person then receives their C-Card with a personal registration number, entitling them to free condoms at any of the distribution or 'Pick Up' points displaying the C-Card logo – including a number of GP surgeries, pharmacies and other community venues. Seaford Head School operates as a registration only centre for students in Year 11 and does not distribute condoms to students other than those in Years 12-13.

All of the work delivered in PSHE lessons will be enhanced by the ongoing social and emotional education that is imbedded across our curriculum and through our pastoral support system.

As part of the ongoing reflection and planning process of PSHE we regularly consult students to ensure the programme meets their needs. Key headlines from our last survey can be found on the school website. We would like to gain regular parent and carer views on PSHE and have an ongoing survey open for you to access at any point: [https://forms.office.com/Pages/ResponsePage.aspx?id=2\\_KUpoUZP0y16VBbckY4oBopHpTGhmNolft5VNC\\_8tUNzBKUIqxMThQMDRCSjIWT1hWS0hMRE1ZNy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=2_KUpoUZP0y16VBbckY4oBopHpTGhmNolft5VNC_8tUNzBKUIqxMThQMDRCSjIWT1hWS0hMRE1ZNy4u)

If you have any questions about PSHE, health or student well-being at Seaford Head School please visit our website for more information, contact your child's Director of Learning or myself at [samwhittaker@seafordhead.org](mailto:samwhittaker@seafordhead.org) / [health@seafordhead.org](mailto:health@seafordhead.org)

Yours sincerely

Mr Sam Whittaker  
**Associate Assistant Headteacher**