



# NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

13 September 2024

Dear Parent/Carer

## Relationship and Sex Education Workshop - Friday 20 September 2024

As a part of students' education at Newstead Wood School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health Education programme. PSHE is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that your daughter/son's class will be taking part in workshop which will focus on the Relationships and Sex Education (RSE) aspect of this programme, as well as the healthy lifestyle aspect of the curriculum.

**The Year 12 RSE workshop for girls will include teaching about healthy and safer relationships, coercive control; developing self-esteem and confidence.** Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. The provider for this workshop is The Real Project ([www.realproject.org](http://www.realproject.org)). **This workshop will take place on 20 September 2024.**

**The Year 12 RSE workshop for boys will include teaching about gender and peer pressure; developing self-esteem and confidence; and positive relationships.** Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. The provider for this workshop is Voicebox ([VoiceBox | By young people, for young people](http://VoiceBox | By young people, for young people)) **This workshop will take place on 20 September 2024.**

In line with statutory guidance, parents are not able to withdraw Sixth Form students from PSHE. Students are considered old enough to make this decision themselves. If they do not wish to attend they should speak to Ms Jordan, Head of Year 12 ([rjordan@newsteadwood.co.uk](mailto:rjordan@newsteadwood.co.uk)).

PSHE is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Recently we have been looking at Safety and Wellbeing, covering topics such as safe travel and wellbeing. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values, overseen by form tutors.

Yours sincerely,

**Mr M Bournat**  
**Assistant Headteacher**

**Headteacher:** Mr Alan Blount, MA, BSc, QTS

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