SELBY HIGH SCHOOL

A Specialist School for the Arts and Science

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Dear Parents, Carers, and Guardians,

Relationships, Sex and Health Education (RSHE) Curriculum

I am writing to share key details about our Relationships, Sex and Health Education (RSHE) curriculum for this academic year, following updated Department for Education (DfE) statutory guidance.

At Selby High School, we believe that high-quality RSHE plays a vital role in preparing young people for secondary school life and beyond. Our curriculum provides students with age-appropriate, factual knowledge about physical health, mental well-being, relationships, and personal safety. We aim to support and complement the guidance you provide at home, ensuring our students develop into informed, confident, and respectful individuals.

How RSHE is Delivered
RSHE forms a central part of our Values Curriculum and is delivered through a combination of timetabled lessons, specialised drop-down days, and school assemblies**:**

- **Timetabled Life Development Lessons:**
  - **Years 7, 8, 9, and 10:** Delivered twice per fortnight.
  - **Year 11:** Delivered once per fortnight.
- **Diversity Days:** Held twice a year, these themed days allow students to explore key health, social, and relationship topics in greater depth.
- **Assemblies:** Assemblies cover broader health and relationship topics (such as Anti-Bullying Week in November or visits from public health teams). All assembly content and visitors are carefully vetted prior to delivery to ensure content is appropriate and accessible to all students.

Our teaching staff follow strict professional guidelines. Lessons provide objective, factual information and foster safe, respectful discussion. Staff do not offer personal lifestyle advice; where individual queries arise, students are guided toward trusted adults at home, medical professionals, or qualified support organisations.

RSHE within the Science Curriculum
Please note that certain biological aspects of human growth, reproduction, and health form part of the statutory **National Curriculum for Science** and are taught separately by our science department:

- **Key Stage 3:** Focuses on human biological growth, development, and reproduction.

- **Key Stage 4:** Covers communicable diseases, health, human reproductive hormones, contraception, and fertility treatments.

Because these topics are part of the national Science curriculum, they are compulsory for all students. If you have specific questions regarding the Science curriculum, please contact our Curriculum Lead for Science.

Reviewing Resources & Parental Transparency

We believe in full transparency and welcome open communication with parents, carers, and guardians. Our RSHE policy is available to view on the school website. If you would like to view curriculum resources including teaching materials, or discuss what your child will be learning, you are very welcome to contact us. We are happy to arrange a convenient time for you to view materials or speak with us.

- **Mr. Hainsworth** – Director, Values Curriculum
- **Miss Langridge** – Senior Safeguarding Lead & Designated Safeguarding Lead (DSL)
- **Mr. Hinchliffe** – Principal

Right to Request Withdrawal from Sex Education

Parents and carers have a statutory right to **request** that their child be withdrawn from the **Sex Education** component of RSE (this applies only to non-Science sex education lessons). There is no right of withdrawal from Relationships Education, Health Education, or National Curriculum Science.

If you wish to request that your child be withdrawn from non-Science sex education:

1. Please state your request in writing to me or **Mr. Hinchliffe**.
2. Once received, we will contact you for a brief conversation to ensure you have full details of the specific lessons affected and the arrangements made for your child during these times.

Under statutory guidance, three terms before your child turns 16, they have the right to opt into sex education lessons if they choose to do so, regardless of a previous withdrawal request.

Please Note: To ensure our records remain fully up to date and accurately reflect your current wishes:

- If you have previously requested to withdraw your child in a prior academic year, **please submit a renewed request for this school year**.
- If you are happy for your child to participate in the full RSHE curriculum, **you do not need to take any action**.

Thank you for your continued support and partnership in helping our students navigate these important topics safely and responsibly.

Yours faithfully,

Mr. Hainsworth
Director, Values Curriculum