



# Midhurst Rother College

The best in everyone™

Part of United Learning

18 January 2023

Dear Parents and Carers

As a part of your child's education at Midhurst Rother College, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, during the spring term your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of the PSHE programme. RSE lessons in Year 10 will include teaching about body awareness and puberty; healthy relationships (including friendships); intimate relationships and valuing difference through rights and responsibilities; keeping safe and consent; developing self-esteem and confidence. A further aspect of the RSE curriculum will also cover digital safety and the influence of online media. Within their PSHE lessons pupils are given regular opportunities to discuss the learning in small groups and to ask questions to help develop their understanding of each lesson topic.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE 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. If you would like to find out more or discuss any concerns, please do not hesitate to contact me on: [colin.harris@mrc-academy.org](mailto:colin.harris@mrc-academy.org).

Yours sincerely

Colin Harris  
Subject Lead for PSHE



**Principal: Stuart Edwards**

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