



Midhurst Rother College

The best in everyone™

Part of United Learning

18 December 2025

Dear Parents / Carers

RE: PSHE - Relationships (RSE) Unit - Spring Term Year 8

Here at Midhurst Rother College, we are committed to promoting personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE equips students with the knowledge, understanding, attitudes and practical skills to live safe, healthy and fulfilling lives.

During the Spring Term, your child's class will take part in lessons focusing on the Relationships and Sex Education (RSE) element of the PSHE curriculum.

The following topics will be covered during the spring term:

- Understanding Healthy Relationships
- Consent/ boundaries and the law
- Peer pressure and influence
- Online relationships and digital safety
- Introduction into contraception
- Managing Conflict and breakups
- Puberty and Hygiene
- Family Dynamics and Support
- Romantic Relationships and Attraction
- Healthy Coping Strategies

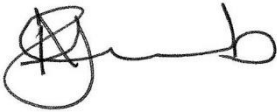
These lessons are delivered in line with the Statutory RSE Guidance set out by the Department for Education. You can read the guidance here: [Relationships Education, Relationships and Sex Education and Health Education guidance](#). Our PSHE and RSE approach is also outlined in the school's policy, which you can access here: [PSHE including Sex Relationship and Education Policy.pdf](#)

PSHE education is taught across all year groups and is regularly reviewed by staff and governors. All teaching is underpinned by our school ethos and values, ensuring a respectful and inclusive learning environment.

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 by email via the link:

Ashley.Lamb@mrc-academy.org

Yours sincerely

A handwritten signature in black ink, appearing to be 'Ashley Lamb', written in a cursive style.

Mr Ashley Lamb
Subject Lead - PSHE