WHITE HOUSE SCHOOL

01 September 2026

Our PSHE and RSE Curriculum

Dear Parents, Carers and Guardians,

At The White House School, we believe that promoting the health and wellbeing of our pupils is a vital part of their education and preparation for adulthood. One of the ways we support this is through our Personal, Social, Health and Economic (PSHE) education and Relationships and Sex Education (RSE) curriculum.

Our PSHE and RSE curriculum covers a wide range of topics including relationships, physical and mental health, and the essential knowledge and skills pupils need to be active citizens and make positive contributions to society. A key aim of our curriculum is to equip pupils with the ability to make safe, informed decisions. Relationships and Sex Education (RSE) is a statutory component of PSHE, and all schools in England are required to teach it.

During our PSHE/RSE sessions, pupils will learn about a variety of topics such as:

- Personal hygiene
- Naming body parts
- Families
- Online safety
- Puberty
- Babies and birth
- Healthy and unhealthy relationships
- Pregnancy and contraception
- Sexual health and consent

Additional topics will also be covered, as outlined in our **PSHE and RSE Policies**, which are available on our website and by request.

While RSE is a statutory subject (for our Key Stage 3 classes), parents do retain the right to withdraw their child from specific sex education content. However, we want to reassure you that our curriculum is taught in an age-appropriate, respectful and safe environment. It allows pupils to ask questions and receive accurate, evidence-based answers, rather than relying on online sources or peer speculation.

To help parents understand the curriculum further, the Department for Education has provided resources, which can be found here: Relationships education, relationships and sex education (RSE) and health education: FAQs

We are aware of the increasing influence of online content and social media on young people. Pupils are frequently exposed to unrealistic and potentially harmful messages about bodies, relationships and sexual behaviour. It is therefore essential that they have a trusted space to explore these topics, gain clarity and develop confidence in how to respond safely in real-life situations.

We recognise and value that you, as parents and carers, are your child's primary educators. Our PSHE/RSE programme is designed to complement the values and guidance you provide at home.

Your child may begin to ask questions about what they are learning in school. This could be a great opportunity for meaningful conversations.

If you wish to discuss any aspect of the content, materials, or resources used in our PSHE/RSE curriculum, or request a withdrawal form, please do not hesitate to contact the school. We encourage you to review our PSHE/RSE Policies, and we will be happy to connect you with your child's teacher for any further support.

Yours sincerely,

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