Marshland HIGH SCHOOL
West Norfolk Academies Trust

October 2026

Dear Parents & Carers

I write to update you on our PSHCE lessons this academic year. PSHCE is a timetabled subject that includes our statutory requirements for delivering PSHE and Citizenship, with every student having one lesson a fortnight. PSHCE includes Department for Education (DfE) guidance on what schools have to teach for relationships, sex education, health and wellbeing alongside other topics and themes that we feel are relevant to our students. Some of these themes are also covered in tutor time, assemblies, our Super Learning Days and within other curriculum areas such as Science and Computer Science.

PSHCE sessions will include teaching about healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; drug education; developing self-esteem and confidence. The statutory guidance has been updated to include increased focus on online safety to complement the above topics. All PSHCE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. Curriculum overviews can be found on our website providing further information and highlights when topics are covered in lessons.

The DfE guidance outlining the rights of parents and guardians to remove their child from certain lessons: "Parents/Guardians will have a right to request that their child is withdrawn from some parts of sex education delivered as part of the curriculum in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. Source: Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE

Parents and carers do not have the right to withdraw their child from relationship and health education lessons or those that form part of the Science National Curriculum. Further details about the process for withdrawing your child can be found in our Sex and Relationships Policy.

The curriculum has been designed to follow the DfE guidance for first teaching in September 2026, taking into account the views expressed by students, those of parents gathered through a survey sent within the consultation period in the summer term, and to meet the needs of the local area.

We would be happy to run a Parents' and Carers' Support and Information Evening, so if you have any specific questions regarding the PSHCE Curriculum that you would like answered or view any curriculum materials, please register with the form using the link https://forms.gle/xTMy2JMTbGRm4Bt96 and we will respond directly to you.

If you have any questions in the meantime please do not hesitate to email office@marshlandhigh.co.uk.

Thank you for your ongoing support of Marshland High School.

Yours faithfully,
Mr J Crawley, Deputy Headteacher

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