



1st September 2025

Dear Parent/Carer,

As part of your child's education at NUSA, we are committed to promoting personal wellbeing and development through our comprehensive **Personal Development (PD)** curriculum. Personal Development equips young people with the knowledge, understanding, attitudes, and practical skills they need to lead safe, healthy, and productive lives.

A key component of Personal Development is **Relationships and Sex Education (RSE)**. Since September 2020, RSE has been a statutory part of the curriculum for all secondary schools. Parents and carers have the right to withdraw their child from sex education (but not from relationships education). Alternative provision will be made for those students. Our updated RSE policy is available on the school website.

For further details on the national framework for RSE, please refer to the government guidance here:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907640/RSE_secondary_schools_guide_for_parents.pdf

At NUSA, RSE and Health Education are delivered progressively and **age-appropriately across all year groups**, with content tailored to students' maturity levels, cultural backgrounds, and learning needs. The curriculum includes:

- **Year 7:** Families, respectful friendships, and online safety
- **Year 8:** Managing peer pressure, equality, and early understanding romantic relationships.
- **Year 9:** Consent, healthy relationships, and contraception awareness
- **Year 10:** Risks associated with exploitation, sexual harassment, and effects of substances
- **Year 11:** Extremism, stereotypes, and the impact of drugs and alcohol on behaviour

Students are encouraged to ask questions and engage in discussions within a safe and supportive environment. Personal Development is taught throughout all year groups and regularly monitored to ensure it meets the needs of our students.

In designing our curriculum, we ensure the following principles guide our work:

1. Respect, equality, and inclusion for all students and communities.
2. Age-appropriate delivery with consideration for maturity, cultural, and religious contexts.
3. Support for all learners, including those with special educational needs.
4. Relevant knowledge to help students stay safe and healthy in school, at home, and beyond.

We value the partnership with parents and carers and welcome your feedback. If you wish to discuss the curriculum or have any concerns regarding RSE or Personal Development, please contact me at acalladine@nusa.org.uk or call 0115 9291492.

Yours sincerely,
Miss A. Calladine