



Allenbourn Middle School
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Headteacher: Mr M Legge B.Ed (Hons) NPQH

4th September 2026

Dear Parents/Carers

As Year 7 PSHE lead at Allenbourn Middle School, I wanted to inform you that pupils in Year 7 will be commencing the unit entitled **Building Relationships** within their PSHE curriculum this term. These lessons are specifically targeted towards Year 7. It is the aim of the government and the local authority to ensure that children are well versed with this area of their education. It is felt, through evidence, that those children who have an appropriate knowledge and understanding of this area, can then make positive future life choices.

The purpose of Relationship and Sex Education (RSE), in Key Stage 3, is to develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to help them appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across Initio Learning Trust, using guidance from the National Curriculum, Ofsted and the PSHE Association. All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

This **Building Relationships** unit will cover the following key learning:

- ☐ Explain how to develop self-worth and self-efficacy.
- ☐ Explain the qualities and behaviours related to positive relationships.
- ☐ Identify how to recognise and challenge media stereotypes.
- ☐ Identify how to evaluate expectations for romantic relationships.
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Parents can withdraw their child from aspects of the RSE programme that do not form part of the statutory National Curriculum. For further information, please read the RSE policy found on the school website or contact me if you have any specific questions regarding this curriculum area.

Yours sincerely

Mr Daw
Year 7 Lead PSHE Subject Lead

