



**Ashmole  
Academy**



A member of  
**Ashmole  
Trust**

Head Teacher: **Mr Balbinder Dhinsa**  
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**Excellence, Aspiration & Care**

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Cecil Road, Southgate, London, N14 5RJ

26<sup>th</sup> January 2026

Dear Parent/Carer(s)

### **Re: Year 7 Personal, Social, Health and Economic Education**

At Ashmole Academy we are committed to student's personal development and as part of that we understand how important it is that our students are able to manage their own wellbeing, health and safety.

Therefore, I am writing to inform you of what we will be teaching in Personal, Social, Health and Economic Education in the second half of the Spring Term, continuing into the Summer Term. Students in Year 7 will be beginning their Relationships and Sex Education with lessons starting the first week back after the half term break, commencing 23<sup>rd</sup> February 2026

Through the delivery of these important lessons, we are ensuring that we cover the statutory requirements from the government in this area of the curriculum. More information on this can be found here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Year 7 will follow an age appropriate curriculum and therefore this will focus more on the relationships aspect of the curriculum covering healthy and unhealthy friendships, anti-bullying, managing teen pressures and the importance of stable and healthy relationships in diverse families and marriages. Students will also be reminded of the importance of upholding the principles outlined in the Equality Act 2010 when exploring attitudes and different perspectives in society.

In addition, students will also enhance their knowledge of the physical elements of puberty but will primarily focus on dealing with the emotional aspects of this and peer pressure in relation to teen relationships and Youth Produced Sexual Imagery. Lessons will remind students of the law in relation to this as well as where to get help and support.

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**WE HAVE  
ACHIEVED**



Parents do have the right to withdraw their child, from any or all aspects of Sex Education, other than those which are part of the science curriculum, up to, and until three terms before the age of 16 however there is no right to withdraw from any aspect of Relationships Education or Health Education.

As I have outlined, Year 7 lessons will focus on the relationships aspects of the curriculum and therefore all students will receive these lessons in line with government statutory guidance. However, if you do have any queries please do not hesitate to contact me by Monday 9<sup>th</sup> February 2026.

Yours faithfully



Miss Cork

**Head of Pastoral Curriculum and PSHE**