



8th September 2026

Dear Parents/Carers,

As part of your child's educational experience at the Academy at Shotton Hall, we are committed to ensuring that our young people are well equipped to deal with the challenges they face.

Our P4L (philosophy for learning) curriculum consists of Personal, Social, Health and Citizenship Education (PSHCE) and Relationships, Sex and Health Education (RSHE). Relationships Sex and Health Education has been compulsory in all schools since September 2020.

What does this guidance mean?

The DFE guidance focuses on healthy relationships and keeping children safe. It also covers a wide range of topics relating to physical and mental health, wellbeing and safeguarding. Students must learn about the emotional, social and physical aspects of growing up, and be provided with the information, skills and positive values they need to be able to form and maintain safe and fulfilling relationships and to take responsibility for their own well-being. All sessions must be age-appropriate and meet the needs of all pupils in the class.

How will this be delivered?

This guidance forms part of our school's P4L curriculum is delivered by class teachers. It is monitored and reviewed regularly by senior Trust staff and the Governing Body. For more details about Relationships Sex Education and Health Education please see our RSHE Policy:

https://www.shottonhallacademy.co.uk/_filecache/ad3/b3d/30238-the-academy-at-shotton-hall-rshe-policy.pdf

All teaching takes place in a safe learning environment and is underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally.

Our curriculum plans are published on our website and can be accessed using this link:

<https://www.shottonhallacademy.co.uk/curriculum/subjects/rshe-and-pshe>

All teaching resources used in our P4L curriculum are available to you and your child on Student POD, and we would encourage you as parents and carers to discuss the content of what has been taught in school and continue those all-important conversations at home. If you have any questions or concerns about the any aspect of our planned curriculum, please do not hesitate to get in contact.

Yours sincerely,
Mrs R Peele
Head of P4L