

Dear Parents/Carers,

As a part of your child's education at Nottingham Girls' Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme.

PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

We teach this in every year group during tutor time in Year 11 and, from September 2026, we are delighted to be able to deliver PSHE in hour-long lessons taught by subject specialists in Years 7–10. We also deliver PSHE through assemblies and dedicated PSHE drop-down days. These are monitored and reviewed regularly by the Assistant Principal, Mrs Heron, and the PSHE Coordinator, Mrs Gangneux. All PSHE teaching takes place in a safe learning environment and is underpinned by our school mission and values.

I am writing to inform you that, in addition to the increased curriculum time, the government introduced significant changes to the statutory content of Relationships, Sex and Health Education (RSHE) in July 2025. We have provided at-a-glance information about these changes for you.

Attached to this communication, you will find:

- Our updated RSHE Policy
- The five-year PSHE Scheme of Learning
- Examples of teaching resources used within the curriculum

Our website will also be updated shortly to reflect these changes and provide access to the latest curriculum information and supporting documentation.

We are committed to working in partnership with parents and carers. Therefore, we have put together a questionnaire so that you can share your understanding of PSHE at our academy, as well as your views on the recent government changes. **Click [here](#) to have your say.** It is important that our new Year 7 parents and carers also take part in this process.

This information is essential in ensuring that our curriculum continues to meet the needs of our pupils, so consultation with all stakeholders is important. To allow us sufficient time to review and analyse feedback, we would like all responses to be submitted by **Wednesday 15 July**.

Please do take the time to read the attached information and contact us if you have any questions or concerns. We are more than willing to help.

Yours faithfully

Mrs Heron
Assistant Principal

• We strive to fulfil everyone's learning potential. • We value high standards, hard work and a ceaseless desire to improve.
• We provide a safe, kind, nurturing and inclusive environment. • We enjoy the journey together.



"Nottingham Girls' Academy is an inclusive school that provides an exceptional and broad education. The school serves a diverse community and provides a welcoming environment where all pupils flourish." – Ofsted, November 2023