



Dartmoor
Multi Academy
Trust

2nd October 2025

Holsworthy Community College is part
of the Dartmoor Multi Academy Trust
family

Dear Parent/Carer,



I am writing to inform you about our personal social and health education (PSHE) curriculum, which is part of our personal development programme, so that you feel fully informed as to the topics and issues that students are engaging with in lessons.

Personal, Social, Health and Economic (PSHE) education is a subject through which students develop the knowledge, skills and attributes they need to manage their lives, now and in the future. Schemes of learning revolve around three themes: health and well-being, living in the wider world and relationships.

As you are aware, Relationships and Sex Education (RSE) now forms part of the National Curriculum. As part of our school's wider Personal, Social and Health Education programme, your child will receive age-appropriate lessons on relationships, sexual health and personal safety. The purpose of the RSE curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect and to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

We have structured our PSHE curriculum to allow students to revisit topics or themes throughout KS3 and 4. The complexity or difficulty of the topic or theme increases with each visit. As the content is tailored to meet the needs of our students at Holsworthy Community College sometimes, we change the order of units or add one off lessons if an issue arises that we or the pastoral leads feel needs to be addressed immediately.

In year 10, students complete units on; rights and responsibilities, mental health and wellbeing, exploring relationships and sex education, violence, crime and seeking safety, exploring world issues (trade unions, striking and women's rights) and exploring British values. The exploring relationships unit will be taught in the first half of the spring term.

We do not anticipate that any students will be distressed or concerned by the topics that they are engaging with during PSHE lessons, and we always take great care to deal with all

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topics in a sensitive and careful manner, no matter what is being discussed. Student well-being and safety is always at the forefront of our minds, and the introduction of any sensitive topics is always carefully planned in advance with ground rules for discussion being agreed by students and their teacher. However, if you feel that your child may struggle with engaging with a certain topic, or if you would like to discuss further, please do not hesitate to contact me or their social studies teacher.

We will be hosting a parent and carer curriculum event on Wednesday 15th October between 3.30pm and 4.30pm in the school Library, during which a range of classroom-based resources can be viewed and discussed. Please can you confirm your attendance clicking [this link](#).

Yours faithfully,

Mrs R Sweeney
Lead Teacher of RS and Personal Development
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