



22nd September 2025

Personal Development Curriculum

Dear Parents and Carers,

As a part of your child's education at Tibshelf Community School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme through our Personal Development Curriculum. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, throughout this academic year, your child's class will be taking part in weekly lessons which at times, may focus on the relationships and sex education (RSE) aspect of this programme. Each topic is age appropriate and may include teaching about: Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. To see an overview of the topics that each year group will study, please see the Personal Development section of our school website <https://tibshelf.derbyshire.sch.uk>.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Government guidance states that it is compulsory for all students to learn about relationships and health education, however parents / carers, do have a right to request that your child is withdrawn from some parts of sex education. Students cannot be withdrawn from topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction. All requests should be made in writing to the headteacher.

With the increasing presence of sexual images and content in social and other media, we believe that it is important that all young people have a place to discuss pressures, check facts and dispel myths. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all children will have the opportunity to take part in our carefully planned lessons.

Headteacher: Lucie Wainwright

Tibshelf Community School

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As a school community, we are committed to working in partnership with parents / carers and if you would like to find out more about what your child will learn, or discover how you can best support your child to discuss these topics at home, please do not hesitate to contact me at r.penford@tibshelf.derbyshire.sch.uk.

We value the support and views of our parents / carers, and I am happy to discuss any concerns or queries. Attached is an overview of the topics taught this half-term.

Yours faithfully,



Mr R Penford
Assistant Headteacher

Headteacher: Lucie Wainwright

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