



# Saffron Valley Collegiate

Headteacher – Jenny Adamson

KS4 South  
279 High Street  
Croydon  
Surrey  
CR0 1QH

Tel 020 8604 1414

10 September 2021

Dear Parent/Carer

As a part of your child's education at Saffron Valley Collegiate, we promote personal wellbeing and development through a comprehensive Personal, Social and Health (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives. As you may already be aware, Relationships and Sex Education (RSE), along with Health Education (RSHE), is now part of the National Curriculum. This change began as of September 2020 and we are confident you will share our enthusiasm for the successful implementation of the new PSHE curriculum, which we feel will benefit all of our students.

## Relationships and Health Education

These lessons aim to give young people the skills and knowledge they need to form happy, safe and healthy relationships throughout their lives. We have attached a summary of the topics covered, which shows the range of learning that will be delivered. These include lessons on staying safe online, emotional and mental health, dealing with peer pressure, respecting others, and the risks of illegal drugs.

Relationships and Sex education also covers topics such as contraception, the law around consent and abuse, and knowing when we are ready for intimate relationships.

Research has shown that young people who receive this kind of information at school are more aware of the risks of harm and abuse, especially in their online lives, and are more likely to

45 Coombe Road  
Croydon  
CR0 1BQ  
020 8680 0949

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
020 3252 2020

17 Sylvan Road  
London  
SE19 2RU  
020 8771 5603

279 High Street  
Croydon  
CR0 1QH  
020 8604 1414

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
020 3252 2020



Be Ready  
Be Respectful  
Be Safe

SUPPORTED BY  
**MAYOR OF LONDON**





# Saffron Valley Collegiate

Headteacher – Jenny Adamson

report any problems they may have. They are also more likely to delay having their first sexual experience and to practice safe sex.

Saffron Valley Collegiate also includes:

KS3

Cotelands

KS4 North

KS4 South

Springboard Service

As these lessons are so important, the right to take your child out of them has been changed. There is now no right to take your child out of relationships and sex education or health education.

Parents do have the right to take their child out of sex education that is delivered as part of relationships or health education. However, we hope that you will agree with us that these lessons are extremely important to your child. The majority of parents at our school choose for their children to take part in this learning.

Please note that once a child is within three terms of their 16<sup>th</sup> birthday they can choose to take part in the lessons without parental consent.

We have set out how we define these topics in our PSHE policy. We have included these definitions within this letter so you can see what will be taught in each subject.

We understand that parents may have questions about some aspects of these lessons and will be happy to discuss these with you. In the first instance please contact your Head/Assistant Head of Provision or our Health & Wellbeing/PSHE co-ordinator.

Yours faithfully

Jenny Adamson, Headteacher

## Definitions – secondary school Relationships and sex education

We define relationships and sex education as teaching the facts about how to form happy, healthy relationships with other people. This learning includes information on different types of relationship, such as friendship or marriage, how to decide whether someone is trustworthy, and knowing how to get help when something is wrong or unsafe. Lessons will cover respect, good

45 Coombe Road  
Croydon  
CR0 1BQ  
020 8680 0949

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
020 3252 2020

17 Sylvan Road  
London  
SE19 2RU  
020 8771 5603

279 High Street  
Croydon  
CR0 1QH  
020 8604 1414

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
020 3252 2020



Be Ready  
Be Respectful  
Be Safe

SUPPORTED BY  
MAYOR OF LONDON





# Saffron Valley Collegiate

Headteacher – Jenny Adamson

manners, privacy and consent, as well as an understanding of the harms caused by stereotyping and prejudice. Pupils will learn the law around relationships, such as what constitutes harassment and sexual violence, and the legal requirement to treat everyone equally. They will learn about harmful practices such as Female Genital Mutilation and domestic abuse, and will study how to communicate and recognise consent in all contexts.

Saffron Valley Collegiate also includes:

**KS3**

**Cotelands**

**KS4 North**

**KS4 South**

**Springboard Service**

Pupils will also learn about how their rights and responsibilities when online, and the risks that they may encounter, such as the sharing of images and the harm caused by viewing online material such as pornography and hate videos.

## Sex education within relationships education

The majority of learning within relationships education is concerned with relationships in general. However, some content is specifically designed to help young people prepare for adulthood so they are able to enjoy safe, respectful and healthy sex lives. This content is:

- how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women, and menopause.
- that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
- that they have a choice to delay sex or to enjoy intimacy without sex.
- the facts about the full range of contraceptive choices, efficacy and options available.
- the facts around pregnancy including miscarriage.

45 Coombe Road  
Croydon  
CR0 1BQ  
**020 8680 0949**

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
**020 3252 2020**

17 Sylvan Road  
London  
SE19 2RU  
**020 8771 5603**

279 High Street  
Croydon  
CR0 1QH  
**020 8604 1414**

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
**020 3252 2020**



**Be Ready  
Be Respectful  
Be Safe**

SUPPORTED BY  
**MAYOR OF LONDON**





# Saffron Valley Collegiate

Headteacher – Jenny Adamson

- that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).
- how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.
- about the prevalence of some Sexually Transmitted Infections, the impact they can have on those who contract them and key facts about treatment.
- how the use of alcohol and drugs can lead to risky sexual behaviour
- how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

These elements are the only parts of the relationships curriculum from which parents may withdraw their child. Pupils can choose to take part without parental consent from three terms before their 16<sup>th</sup> birthday.

Saffron Valley Collegiate also includes:

**KS3 Cotelands**

**KS4 North**

**KS4 South**

**Springboard Service**

## Health education

Health education covers both physical and mental health. Pupils will learn how to talk about their emotions using correct vocabulary, and to think about how their actions may affect their mental health. They will also learn positive ways to improve their mental wellbeing, such as physical exercise or connection with other people.

Pupils will learn about how their emotions may be affected by their online lives, for example through exposure to unrealistic ideas about body image, or gambling. They will consider issues such as cyberbullying and online abuse, and learn where to get help if they have been affected by these behaviours.

45 Coombe Road  
Croydon  
CR0 1BQ  
**020 8680 0949**

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
**020 3252 2020**

17 Sylvan Road  
London  
SE19 2RU  
**020 8771 5603**

279 High Street  
Croydon  
CR0 1QH  
**020 8604 1414**

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
**020 3252 2020**



**Be Ready  
Be Respectful  
Be Safe**

SUPPORTED BY  
**MAYOR OF LONDON**





# Saffron Valley Collegiate

Headteacher – Jenny Adamson

Physical health will also be looked at in terms of risks such as smoking, alcohol and drug use, and the importance of a healthy diet. Personal hygiene and dental health will be taught together with facts about immunisation, the importance of sleep, and basic first aid.

Lessons will also cover the facts about puberty and how this can affect physical and mental health, together with information about periods and body changes as we grow up.

Saffron Valley Collegiate also includes:

**KS3 Cotelands**

**KS4 North**

**KS4 South**

**Springboard Service**

45 Coombe Road  
Croydon  
CR0 1BQ  
**020 8680 0949**

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
**020 3252 2020**

17 Sylvan Road  
London  
SE19 2RU  
**020 8771 5603**

279 High Street  
Croydon  
CR0 1QH  
**020 8604 1414**

John Ruskin College Site  
Selsdon Park Road  
Croydon CR2 8JJ  
**020 3252 2020**



**Be Ready  
Be Respectful  
Be Safe**

SUPPORTED BY  
**MAYOR OF LONDON**

