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24th November 2025

Dear Parents and Carers,

Personal, Social, Health and Economic (PSHE) education

You will be aware that, as part of your child's educational experience at Ormiston Maritime Academy, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Economic (PSHE) education. This programme provides young people with the knowledge, understanding, attitudes and practical skills they need to lead healthy, safe, productive and fulfilling lives, both now and in the future.

I am writing to inform you that, throughout the year, your child's tutor group will take part in lessons focusing on Relationships and Sex Education (RSE).

The content covered in learning for life lessons for year 10 is:

- Health, Drugs & First Aid
- Health Services, Human Rights & Law
- Relationships, Sex & the Law
- Fertility, Pregnancy & Parenthood
- Exams and Wellbeing

This is part of our academy PSHE education programme, which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. For more details about the PSHE curriculum we offer, please visit the school's website:

<http://www.omacademy.co.uk/> where you can access curriculum overviews by year group and our Relationships and Sex Education policy. All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions in order to prepare them for relationships in the modern world.

As a school community, we are committed to working in partnership with parents. There will be opportunities throughout the year to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home. Please complete the form in the parent consultation link: [Ormiston Maritime Academy PSHE Curriculum Consultation – Fill in form](#)

Ormiston Maritime Academy respects the legal right of parents/carers to withdraw their child from all or part of the RSE programme, except for those statutory parts included in the national curriculum for citizenship, P.E., computing and science. If a parent wishes their child to be withdrawn from RSE lessons, they should put in writing which aspects of the programme they do not wish their child to participate in and send this to the academy addressed to the curriculum leader for Social Sciences and Learning for Life.



Before granting any such request, the Assistant Principal will discuss the request with parents and, where appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. We will document this process to ensure a record is kept. If you have any concerns or queries about your child's participation in these lessons, please do not hesitate to contact either myself or your child's class teacher to discuss these.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'J. Gourlay', with a stylized flourish at the end.

Mrs J Gourlay
Curriculum Leader - Learning for Life
Progress Leader Year 9