



25th September 2026

Dear Parents and Carers

The Importance of PSHE Education and Our Preventative Curriculum

I am writing to share with you the vital role that Personal Development education plays in your child's development at The Holmesdale School, and to highlight how our curriculum is structured to support their growth into safe, healthy, and confident young adults.

At its core, PSHE education equips students with the knowledge, skills, and attributes they need to manage their lives, now and in the future. It covers essential areas including emotional wellbeing, physical health, online safety, citizenship, financial capability, and career preparation.

Why We Teach PSHE as a Preventative Curriculum

We believe that education should not simply respond to issues after they occur; it must prepare students to navigate them before they arise. This is why we deliver PSHE as a **preventative curriculum**.

Rather than waiting for young people to encounter potential harm—whether that relates to mental health struggles, online safety risks, peer pressure, or unhealthy relationship dynamics—a preventative approach proactively equips them with:

- **Critical Decision-Making:** Helping students recognise risks, evaluate consequences, and make informed, safe choices independently.
- **Resilience and Wellbeing:** Teaching practical strategies to manage stress, nurture mental health, and know when and how to seek help.
- **Safe and Respectful Relationships:** Building an understanding of healthy boundaries, mutual respect, consent, and dynamic communication online and offline.

By addressing these topics in a structured, safe, and age-appropriate environment, we reduce the likelihood of risky behaviors and provide students with a trusted anchor as they navigate the complexities of growing up in modern society.

A member of Swale Academies Trust

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Registered in England No. 07344732



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Relationships and Sex Education (RSE)

Relationships and Sex Education (RSE) forms an important statutory element of our wider Personal Development framework. We recognise that parents and carers are the primary educators of their children in these matters, and our aim is to complement and support the values you teach at home.

Our RSE curriculum is carefully tailored to ensure content is always age-appropriate, inclusive, and grounded in respect. We encourage all parents and carers to review our comprehensive approach to this subject.

You can access and read our full **RSE Policy** by visiting **The Holmesdale School website** under the policy documents section. The policy outlines the curriculum framework, what your child will learn and when, and information regarding parental rights to request excusing their child from certain non-statutory elements of sex education.

Working in Partnership

We believe that Personal Development is most effective when school and home work together. We welcome open dialogue and invite you to reach out if you have any questions, feedback, or would like further details about what your child will be learning this term.

Thank you for your continued partnership and support in ensuring our students are well-prepared for both academic success and life beyond school.

Yours sincerely,

Mrs Beal and Miss Stradiotto

Safeguarding Lead and Teacher of Personal Development