



nishkamhighschool

birmingham



Dear Parents/Carers,

You may or may not be aware that from September 2020 the Department for Education are making Health, Relationships and Sex Education compulsory for all students in secondary schools. The changes will ensure that all students are prepared for the challenges of an ever more complex world both on and offline.

Ahead of those changes, students at Nishkam High school can expect to receive teaching and guidance in 2019-2020 in the following ways:

- Timetabled VFPD lessons. In Years 7, 8 and 9 this will be one lesson per week;
- Structured tutorial programmes;
- Assemblies;
- External provider sessions - for example, with the school nurse and West Mercia Police
- Cross curricular work such as sports science lessons targeting the benefits of physical exercise on mental wellbeing and happiness, displaying respectful behaviour online in computing lessons and puberty and human reproduction in science.

There are a variety of resources targeted at students that can be helpful to use to complement teaching in the classroom. We will be utilising sensitive and age-appropriate resources in delivering of all topics.

Students will be signposted to accessing support on any area covered via our form teachers and the pastoral team.

In accordance with the Sex Education Act parents/carers have the right to withdraw their son/daughter from non-statutory aspects of sex education up to and until three terms before the child turns 16.

Any parent/carer wishing to withdraw their child is asked to make an appointment with Mrs. V Chatwin (Associate Principal – Pastoral & Safeguarding Lead) to discuss the matter.

Yours sincerely

Mrs. V Chatwin
Associate Principal – Pastoral & Safeguarding Lead

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Nishkam High School is a part of the Nishkam School Trust | Chief Executive Officer: Dr B. S. Mahon Company Number: 7522245 | Registered Office: Nishkam School Trust, Head Office, Great King Street North, Hockley, Birmingham, B19 2LF

