



Bilton School  
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Headteacher: Jayne Delves

Friday 17th November 2025

Dear Parents and Carers,

As a part of your child's education at Bilton School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme in our Character & Culture (C&C) sessions. C&C 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 during Jan-Feb half term, C&C education will focus on the relationships and sex education (RSE) aspect of this programme. As part of this unit, topics such as puberty; body image; relationships and communication skills; keeping yourself safe online; contraception and sexual health are included. Pupils will also have opportunities to ask questions which will be answered factually and in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. C&C education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

Please visit the Bilton School website for more details about our RSE curriculum by following this link to the [Curriculum - Bilton School](#) overviews. All C&C teaching will take place in a safe learning environment and is underpinned by our school ethos and values. Some parts of RSE are compulsory - these are part of the National Curriculum for Science and cover factual biological information about the human body and sexual reproduction. Parents are not able to withdraw students from these lessons. Parents have the right to withdraw their children from other parts of RSE if they wish to do so. However, we believe that the increasing presence of sexual images and content in social and other media make it 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 Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all children will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. If you do wish to withdraw your child from RSE lessons, please use the email address below to arrange a meeting with our Assistant Head of Personal Development/Headteacher [biltonschool@stowevalley.com](mailto:biltonschool@stowevalley.com).



As a school community, we are committed to working in partnership with parents: parental feedback has indicated that the overwhelming majority of parents are highly supportive of the relationships and sex education programme.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through, should you so wish.

Yours sincerely,

**Mrs Loydall**  
**Assistant Head for Personal Development**