



KK11AT

October 2025

Dear Parent/Carer

**Personal Development & Relationships & Sex Education (RSE) Curriculum 2025–26
Year 13**

As part of our ongoing commitment to supporting pupils' personal development and wellbeing, we deliver a carefully planned Personal Development and Relationships & Sex Education (RSE) curriculum throughout the year. These lessons help pupils develop the knowledge, skills, and values they need to make informed decisions, build positive relationships, and stay safe—both now and in the future.

In line with the Department for Education's statutory guidance on Relationships, Sex and Health Education, we are sharing an overview of the topics and lessons that will be covered this year in Year 13. We believe that transparency and collaboration are key, and we welcome your feedback, questions, or requests to view any of the lesson resources we plan to use. These can be found overleaf.

We recognise that some of the topics covered within our Personal Development and RSE curriculum can feel more sensitive or challenging to discuss. These subjects are approached carefully, using age-appropriate language and resources, with an emphasis on safety, respect, and understanding. We aim to give pupils accurate information and the opportunity to ask questions in a safe, supportive environment. We appreciate that parents and carers may also wish to be aware of and prepare for these discussions at home. Below you will find a list of the more sensitive areas we will be covering this year.

- Mental Health and Well Being
- Self-Image and self-esteem (eating disorders)
- Body Modification

We know these lessons work best when supported by open conversations at home. Talking with your child about these topics reinforces their learning and helps them to feel confident and supported. We are all working together to keep pupils safe, informed, and well educated about themselves and others.

If you would like ideas for discussing these topics at home, the BBC Bitesize Parents section offers accessible guidance and advice: <https://www.bbc.co.uk/bitesize/parents>. Please note that this is an external website not managed or endorsed by the school; we share it as an optional resource that some families may find useful.

Thank you for your continued support in helping us provide a high-quality, age-appropriate Personal Development and RSE education. If you have any questions, would like to offer feedback, or wish to see specific resources, please contact Mrs Kimber at kkimber@wkgs.net.

Yours sincerely,

Mrs K Kimber
Assistant Headteacher for Student Wellbeing and Development



Year 13

<u>Health and Wellbeing</u>	<u>Budgeting/ Financial Choices</u>	<u>Wellbeing</u>	<u>Designing Your Future</u>	<u>Basic Domestics</u>
Personal responsibility for Health MHWB Managing Transitions Self-Image and self esteem Body Modifications	financial contracts, debt and risk, evaluating savings and consumer rights. Finances – at Uni Overdrafts Interest rates Loan use and repay.	This is a practical look at the use of yoga techniques as a mechanism to reduce stress and forge healthy hobbies. A relaxing unit during a stressful and packed Y13 curriculum with many students building on the Art focus in Y12. Assessment is continuous and culminates in a reflection of their journey at the end of the unit. Any work produced receives feedback and ideas for improvement.	This is focused on applying for jobs and succeeding in the workplace. Assessment is through student reflection and the completion of activities that support them in preparing for the next stage of their education.	Equips learners with essential DIY and home maintenance knowledge, building their confidence in managing everyday tasks related to home and car maintenance. Assessment takes place in the final session when students put their practical skills to the test by using a variety of tools and materials to create a household item for the kitchen.