



# New Mills School

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Headteacher:  
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Friday 12<sup>th</sup> December 2025,

Dear Parents and Carers,

As part of your child's Personal Development curriculum (PSHE) all students will be studying "Relationships, sex and health education (RSHE)" this academic year. Students will be studying this in the Spring term (from January 2026) every Monday week 2, lesson 3 with their form tutor.

RSHE education is a mandatory requirement for all schools. The Department for Education expects all schools to teach the full RSHE curriculum. In a secondary school setting this builds on and develops students understanding of health, risks and introduces knowledge about intimate relationships and sex as well as how to have positive and healthy sexual relationships. However, parents/guardians have the right to withdraw their children from a school's programme or specific lesson related to the topic of **sex education**, other than those elements which will be taught under the National Curriculum provided within the Science curriculum (all students are required to complete the relationships and health elements of the curriculum). A copy of our RSHE policy can be found via this link - [RSE-Policy.pdf](#)

**Please note, all lessons have been carefully planned to ensure that they are appropriate for your child's age, physical and emotional maturity, religious and cultural backgrounds and where applicable special educational needs (SEND).**

Topics that will be covered for each year group include:

Year 7 – Body Development, respect and relationships

- Changes through puberty
- Personal hygiene
- Introduction to periods
- Knowing your body and reproductive systems
- Body image and self-care
- Privacy and consent

Year 8 – Identity, Relationships and sex education

- Healthy romantic relationships
- Unhealthy romantic relationships, boundaries and consent
- Period positivity
- Introduction to contraception
- Emotional and physical attraction to others
- Managing pressure
- Intimacy online

Year 9 – Body awareness

- Making healthy choices, preventing cancer and heart disease

- Unrealistic images in the media
- Body changes through puberty
- What s sexuality and sexual desire
- Contraception methods
- Sexual health and STIs
- Sexual violence and harassment
- Consent

#### Year 10 – Exploring relationship and sex education

- Communication and vulnerability in relationships
- Signs of abusive relationships
- Sexual violence
- How to assess readiness for sexual intimacy
- Foetal development, pregnancy and abortion

#### Year 11 - Exploring relationship and sex education

- Gender norms
- Gender stereotypes and relationships
- Body image in the media and pornography
- Developing sexuality and readiness for sex
- Consent, pressure and dealing with rejection
- Sexual health, STIs and symptoms

A copy of the PSHE curriculum map and medium-term plans for each year group are available on the school website via this link - [PSHE - New Mills School - Discover The Difference](#)

If you would like some more information on the topics your child will be studying, we would be happy to organise a meeting or telephone conversation, please email [enquiries@newmillsschool.co.uk](mailto:enquiries@newmillsschool.co.uk) and a member of staff be in touch.

Best wishes,

Mrs Emma Adrio  
Deputy Headteacher

Mrs Sarah Salthouse  
Head of Personal Development