

Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

13th January 2026

Dear Families,

I am writing to inform you of the PSHCE topics that Year 7 students will be studying this term. These lessons form an important part of our wider curriculum, supporting students' personal development, well-being and understanding of the world around them.

These topics will be delivered through one-hour lessons once per fortnight and twice weekly during tutor time sessions.

This term students will study:

| Spring 1 | PSHCE Lesson (1hr per fortnight) | Tutor time x 2 per week |
|-----------------|---|------------------------------------|
| | Making New Friends | Independence at School |
| | Respectful Behaviour | Independence out of School |
| | Exploring Identities & Similarities | Healthy Phone Use |
| | | Exploring Identities & Differences |

| | | |
|-----------------|---|--------------------------|
| Spring 2 | Knowing your Body - Reproductive Systems* | What is a Community? |
| | Body Changes Through Puberty* | Evaluating Influences |
| | Developing Sexuality* | Body Image and Self-Care |

Under the statutory Relationships and Sex Education (RSE) guidance, parents have the right to request that their child be withdrawn from some or all of the sex education elements of PSHCE. Topics where this applies are marked above with an asterisk (*). If you wish to request withdrawal from any of these lessons, please use the following link to complete the Microsoft form. [PSHCE - Request to withdraw a student from sex education – Fill out form](#)

Please note that if you request your child to withdraw from these lessons, the school will contact you to discuss your request prior to this permission being granted.

More information about PSHCE can be found here: [Parent Page - Life Lessons](#)

Yours faithfully,

Suzanne Wood
PSHCE coordinator KS3&4

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