

# Langley Park School for Girls

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



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

22<sup>nd</sup> June 2026

Dear Parents/Carers,

## Year 9 PSHCE Drop Down Day – Relationships and Sexual Health Education

As part of our PSHCE programme, Year 9 students will take part in a dedicated PSHCE Drop Down Day on either **Thursday 25<sup>th</sup> June** or **Friday 26<sup>th</sup> June**. The aim of the day is to provide students with accurate, age-appropriate information to help them make informed, safe, and responsible decisions as they move through adolescence and into adulthood.

These lessons form an important part of our commitment to supporting students' physical health, emotional wellbeing, and personal safety. During the day, students will explore the following topics:

- Sexual health and sexually transmitted infections (STI's)
- Contraception
- Understanding readiness for sexual relationships
- Depictions of body image – expectations of sexual relationships

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the statutory Relationships and Sex Education (RSE) guidance, parents have the right to request that their child be withdrawn from some or all of the sex education elements of PSHCE. If you would like to request to withdraw your child, please follow this link [PSHCE - Request to withdraw a student from sex education - Year 9 Summer term 2026 – Fill out form](#) to complete the Microsoft 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.

We recognise that parents and carers have an important role to play in the education of young people in relationships and sexual health, and we encourage you to discuss the sessions with your child both before and after they take place. If you have any questions or would like more information on the sessions, then please feel free to contact me: [swo@lpgs.bromley.sch.uk](mailto:swo@lpgs.bromley.sch.uk).

Yours faithfully,

**Suzanne Wood**  
**KS3 & KS4 PSHCE coordinator**

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