

11 September 2026

Dear Parents,

At Ampleforth, we believe that nurturing the health and well-being of our students is a vital part of their education and growth.

"I am come that they might have life, and that they might have it more abundantly." (John 10:10)

This abundant life is what we want to encourage in our pupils — helping them flourish not only academically, but personally, socially, and spiritually.

Much of this formation takes place through our **Christian Living curriculum** — Ampleforth's Personal, Social, Health and Emotional (PSHE) programme. The curriculum is wide-ranging and rooted in the dignity of each human person, covering areas such as physical and mental health, healthy relationships, and practical skills for life in the wider world. Our goal is to give pupils the confidence and wisdom to make safe, thoughtful, and informed choices, both during their school years and long after.

Within this, **Relationships, Sex and Health Education (RSHE)** forms the statutory element that all schools in England are required to teach (DfE July, 2025). At Ampleforth, these lessons are taught as part of the Christian Living programme and are enriched through additional talks and workshops. All content follows the Catholic Education Service guidelines, ensuring that while we meet legal requirements, everything is presented in a way that respects and reflects our faith. The Christian Living policy can be [found here](#) and RSHE policy can be [found here](#).

Topics covered include: understanding how the body changes during puberty; developing healthy and respectful relationships (including online safety); communication and consent; knowledge of pregnancy and childbirth; awareness of contraception and sexually transmitted infections; the prevention of sexual abuse (including sexting, FGM, and pornography), and reflecting on the impact of social media.

Throughout, we hold fast to the belief that every student is a child of God, made in His image and likeness. The programme respects each pupil's privacy, and no one is ever asked to share personal details.

Parents retain the right to withdraw their child from the sex education element of RSHE up until three terms before they turn 16. After this point, the decision rests with the student themselves, who may request these lessons directly. Please note that there is no right to withdraw from Relationships Education (as distinct from sex education) or from aspects of sexual relationships that pertain to safeguarding, for example sexual abuse or coercion.

Should you require more detailed information about the programme, or wish to share feedback or perspectives on the policies, please feel free to get in touch with me on maaike.carter@ampleforth.org.uk.

Best wishes,

Maaïke Carter
Head of Christian Living