



Thriftwood

School and College

website: www.thriftwoodschool.com

February 2026

Dear Parents and Carers

As a part of your child's education at Thriftwood College, we promote personal wellbeing and development through a comprehensive Personal, Social and Health Citizenship Education programme (PSHCE).

PSHCE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the next term, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in Key Stage 4 and Key Stage 5 will include teaching about healthy relationships, including friendships and intimate relationships, puberty, romantic feelings and sexual attraction, consent and contraception. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHCE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the college website www.thriftwoodschool.com for more details about our PSHCE curriculum. All PSHCE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

We are committed to working in partnership with parents. If you would like to find out more, please feel free to contact us for more information.

Yours sincerely

Katy Binks

Katy Binks
Key Stage 4 PSHCE
Co-Head of English
katybinks@thriftwoodcollege.com

Liane Lindo

Liane Lindo
Key stage 5 PSHCE
Student Development & Transition Lead
lianelindo@thriftwoodcollege.com

Executive Headteacher - School & College: Mrs Georgina Pryke BSc (Hons) PGCE NPQH

School Lead: Mrs Ruth Saban
Slades Lane, Galleywood, Chelmsford, Essex CM2 8RW
Telephone: 01245 266880

College Lead: Ms Lisa Walker
Fox Crescent, Chelmsford, Essex CM1 2BN
Telephone: 01245 262779

