



# CATALYST

## Dilkes Academy

Garron Lane, South Ockendon, Essex RM15 5JQ  
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25th March 2026

Dear Parents/Carers,

As part of your child's education at Dilkes Academy, we promote personal wellbeing and development through a comprehensive PSHE programme. PSHE is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that during the second half of the summer term, your child's class will be taking part in lessons which will focus on the Sex and Relationships Education (SRE) aspect of this programme.

The resources we use are age appropriate and thoroughly researched. To give you an overview of what we will be teaching and when we will be teaching the content this year, a chance to ask questions and to view the resources being used, we will be holding a meeting in school.

This will take place for **Years 2, 4 and 5 on Thursday 16th April at 3.30pm** in your teacher's classroom. This meeting is **not suitable for children**. A crèche will be available for children and siblings who attend our school so that you can take part. We kindly ask that alternative arrangements are made for siblings who do not attend Dilkes. We invite you to confirm your attendance on Arbor, via the 'trips' section of the app.

PSHE is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and leadership team. Please see the school website for more information on the PSHE programme. All PSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

Thank you for your continued support,

Mr R. Latham  
Deputy Headteacher

