



PSHE/ RSE INFORMATION FOR PARENTS

Dear Parents and Carers,

At Avondale Preparatory School, we are committed to providing a holistic education that nurtures academic success alongside emotional, social, and personal development. As part of this commitment, I am writing to share an overview of our Personal, Social, Health and Economic (PSHE) curriculum, which includes statutory Relationships Education. To deliver a high-quality, age-appropriate, and engaging curriculum, our school uses I decision as our core learning framework.

What is I decision?

The I decision resources are mapped directly to the statutory guidance from the Department for Education (DfE) and the PSHE Association. The program is built around highly engaging, interactive videos where characters face real-life choices.

The unique benefit of this resource is that it allows our pupils to see the consequences of various choices in a safe classroom environment. It empowers them to make informed, healthy, and safe decisions as they grow.

Key Themes Covered

Throughout their time at our prep school, pupils will explore a variety of age-appropriate modules split into core thematic areas, including:

- Keeping Safe: Road safety, fire safety, water safety, and online safety.
- Relationships: Understanding friendships, family dynamics, conflict resolution, and respecting differences.
- Health and Wellbeing: Mental health, emotional toolkit, physical health, hygiene, and growing up.
- Living in the Wider World: Communities, British values, managing money, and preparing for the future.

Partnering with Parents

We firmly believe that the most effective PSHE education is a partnership between school and home. You can view our full PSHE and RSE curriculum overview on our school website under the 'Curriculum' section.

Additionally, the I decision portal offers a dedicated Home Zone where parents can find information about what children are learning and access resources to help continue these vital conversations at home. You can explore this at www.Idecision.co.uk.

If you have any questions about the I decision framework or our curriculum content, please do not hesitate to contact your child's form tutor or our PSHE Lead, Emma Adair.

Thank you for your continued support in helping our pupils grow into safe, confident, and responsible global citizens.

Yours sincerely,
Craig Knowles
Headteacher
Avondale Preparatory School