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Headteacher: Mr M Smith

15th September 2023

Dear Parent/Carer

I am writing first to introduce myself. I am the Subject Leader of PSHE (Personal, social, health and economic education) and RSE (Relationship and Sex Education). As you may already be aware, your child's form tutor teaches this subject each week on Mondays, period 3. PSHE is a statutory but non-examined subject and at Huntington School we believe that it is a vital part of every child's education to ensure that they have the skills and knowledge to keep themselves safe, healthy and happy.

The Department for Education have set out clear guidance in the form of statutory guidelines about what we need to cover within the PSHE and RSE lessons. Our PSHE curriculum has been both structured around these guidelines and designed to meet the specific needs of our students. The lessons are divided into 5 areas:

Relationships and Sex Education (RSE), which is an important part of PSHE education and has been made statutory by the Department for Education for all secondary school pupils.

Health Education, this is also statutory and teaches students about physical health and mental wellbeing to give them the information they need to make good decisions about their own health and wellbeing.

Aspirations (Careers Information, Advice and Guidance), which is characterised by an ambitious approach of wide possibilities for students and is aimed to ensure high aspirations.

Economic understanding, where pupils are provided with age-appropriate knowledge about aspects such as interest, financial exploitation, scams, terms and conditions, contracts and debt.

Responsive lessons, as it is important for PSHE to be responsive to the needs of each year group. For these lessons the content will be planned nearer the time in response to their needs and based on the pastoral teams' reflections.

We are aware that many of the topics covered in PSHE lessons are sensitive and that it is useful for parents to know what is coming up in their child's lessons. To access an overview of each year group click [here](#) and the table below shows what is coming up for your child this term:

W/C	A/B	Theme	Topic	Students will be supported to:	Why is this important for our students?
04/09/2023	A		Training day		
11/09/2023	B	Responsive	How to be an effective Sixth Form Student and note taking	Students will understand what makes an effective Sixth Form student. They will also learn about note taking.	It is important for students to have a positive strong first week at their time in Huntington Sixth Form. They will also be taking notes in every lesson so it is important to understand how to do this well.
18/09/2023	A	Citizenship	Student Leadership Launch	JDK and JLE	Our KS5 students need to be taught about student leadership, recognising that they are role models, different ways of communicating, qualities of a good leader, different levels of participation.
25/09/2023	B	Citizenship	Student Leadership Launch	JDK and JE	
02/10/2023	A	HE	Healthy body, healthy mind	Understand how to maintain a healthy body and healthy mind. Understand the importance of sleep, healthy diet and exercise	It is important for all students to understand fully the link between a healthy body and a healthy mind. .
09/10/2023	B	Careers	Unifrog	Students will be introduced to and equipped with the skills needed to use Unifrog. This is an online platform for post-18 destinations including apprenticeships and wide range of online courses to enrichment.	It is important for all students to understand the wide range of options available to them post 18. It is also important that students feel supported in their decision making, equipped with correct and up to date information



16/10/2023	A	Careers	Unifrog	Students will be introduced to and equipped with the skills needed to use Unifrog. This is an online platform for post-18 destinations including apprenticeships and wide range of online courses to enrichment.	It is important for all students to understand the wide range of options available to them post 18. It is also important that students feel supported in their decision making, equipped with correct and up to date information
23/10/23	B	RSE	Healthy relationships	Revise what makes a relationship healthy Learn what the difference is between an unhealthy and abusive relationship. Explore effective ways to resolve conflict	This is a lesson that builds throughout the PSHE curriculum. Students need to understand what is a healthy and unhealthy relationship. The signs to look out for to know the relationship has become abusive.
30/10/23			Holidays		
6/11/2023	A	RSE	Consent	Revise what is meant by the term consent. To understand what the Law says about this topic. Understand ways in which they can say no and withdraw consent.	This is a lesson that builds on from the lesson of CONSENT Consent is revisited and built on throughout the PSHE curriculum. It is important for students to understand what sexual offenses are and to understand that the crime of rape is often misunderstood.
13/11/2023	B	Responsive	Anti- Bullying Awareness week (Odd Socks Day Monday)	To develop an awareness that this is a week where the UK promotes an awareness of what bullying is and how we must all stand against it. Students will explore further the different forms that bullying can take and how we make a stand to not let this be acceptable behaviour in our school community.	All year groups will explore ways that they can promote Anti-bullying week. This is an important part of being an active citizen.



20/11/2023	A	RSE	Sexual harassment	Understand what the terms harassment and stalking mean. Know where to seek support when needed. To Understand the impact that harassment and stalking behaviours can have on other people.	It is important for students to understand what is meant by the words harassment and stalking. It is vital that students understand the impact that this behaviour and actions can have on the victim. It is essential that students can identify this behaviour and know how to seek support.
27/11/2023	B	RSE	Gender inequality in relationships and society	Understand what is meant by Gender inequality. To learn about what the meant by the Me Too movement and how to recognise gender inequality in everyday life.	It is important for students to be aware of what gender inequality is.
04/12/2023	A	RSE	What is a 'normal' sexual relationship?	Understand that sex is pleasurable when consented to Understand the importance of honest communication in sexual situations Consider different sexual experiences	It is important for students to understand that sex is pleasurable when consented to. Consent is a lesson that continues to build throughout the PSHE curriculum and in this lesson the core rules about consent are also revisited as well as how sexual experiences can differ.
11/12/2023	B	RSE	Contraception	Understand the range of contraception available	It is important for students to understand the importance of safe sex and the range of contraception available to them. .



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18/12/2023	A	RSE	STIs	List some of the most common STIs, their symptoms and consequences Name the contraceptive methods which provide some protection against STI infection and describe where to get contraceptives Know how to access reliable sources of help to support sexual health or relating to unplanned pregnancy	Many people in Britain underestimate the risk of STIs, which can lead to risky behaviour, like unprotected sex.
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We know that for these topics to have maximum impact on our students it is the conversations they have at home, based on what they have learnt that is vital. I would value any suggestions that you might have as well as any training that you feel you would benefit from as a parent so that I can support you and your child as you have conversations around these challenging topics.

I will send out a PSHE Parental Newsletter each term to highlight the content of your child's forthcoming PSHE and RSE lessons. If you have any questions or concerns, please do not hesitate to get in touch

Kindest regards

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