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15<sup>th</sup> 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	What is PSHE and RSE? How to manage the challenges of moving to a new school	Understand what PSHE and RSE is and why it is an important part of their secondary education Understand how they might be feeling and to explore ways to manage change. They will be supported with transition from primary school to secondary school.	It is important for students to understand the role that PSHE and RSE has in terms of helping them to be healthy and happy throughout their lives. It is important for students to identify how they might be feeling as they begin their first term at Huntington School. Students will learn about how they can access support if needed.
18/09/2023	A	Responsive	An introduction to British Value and protected characteristics. To introduce Voice 21 Oracy skills and the importance of how to speak and listen to each other respectfully and effectively.	Understand what is meant by Protected Characteristics and British Values. To understand why Voice 21 Oracy skills are an important life skill and should be practised within PSHE.	It is important for students to understand what is meant by Protected Characteristics. It is also important to understand the values that we in Britain aspire to promote. This lesson launches the importance of Oracy skills. The class will develop and agree to a series of protocols to follow when engaging in class discussion. Oracy skills also includes how to evidence listening aswell.
25/09/2023	B	HE (and Voice 21)	Attitudes to mental health	Understand the links between mental and physical health. Identify common misconceptions about mental health. Recognise and challenge prejudice and discriminatory language and behaviour against mental health.	It is important for students to understand the links between mental and physical health. It is also important for students to recognise and challenge discrimination against mental health.



02/10/2023	A	HE (and Voice 21)	Promoting emotional wellbeing	To understand how to self-regulate their emotional wellbeing This will help them understand how to build resilience and how to reframe disappointments and setbacks	Just like learning in other curriculum subjects, teenagers need to learn (and be explicitly taught), to be able to cope with life's stressful situations and be able to manage their feelings rationally.
09/10/2023	B	HE (and Voice 21)	Digital resilience	Evaluate the positive and negative impact of social media on emotional wellbeing Analyse the reasons people post and look at online images and the impact this can have on self-esteem and body image Describe strategies to develop digital resilience	It is important for our students to be aware that multiple studies have found a strong link between heavy social media and many negative effects such as an increased risk for depression and anxiety.
16/10/2023	A	HE (and Voice 21)	Healthy coping strategies	Recognise circumstances leading to intense emotions that may be difficult to manage Explain a range of positive strategies for managing difficult emotions Assess whom, how and why to ask for support when it's needed	Our students need support to recognise misconceptions about unhealthy coping strategies They also need to be able to recognise warning signs of emotional difficulties; identify suitable sources of support; and explain why, when and how to seek help for themselves or others
23/10/23	B	HE (and Voice 21)	Unhealthy coping strategies	Explain why self-harm and eating disorders are unhealthy coping strategies Recognise misconceptions about unhealthy coping strategies Recognise warning signs of emotional difficulties Identify suitable sources of support and explain why, when and how to seek help for ourselves or others	We know that many of our students do not always use healthy coping strategies when they are experiencing a stressful situation. This will make them better equipped to deal with challenging circumstances and therefore be more resilient.
30/10/23			Holidays		



6/11/2023	A	HE (and Voice 21)	Drugs and alcohol - Caffeine	Assess and evaluate prior knowledge, beliefs and attitudes regarding substance use Describe the effects of caffeine consumption explain the risks associated with caffeine consumption evaluate strategies to reduce caffeine consumption	¾ teenagers say they drink some sort of caffeine regularly and adverts for caffeinated drinks are often targeted at them. However, caffeine has lots of negative side effects (particularly when consumed in teenage years) such as disrupted sleep patterns and health issues like heart problems.
13/11/2023	B	Responsive	Anti-Bullying Week (Odd socks day is 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	HE (and Voice 21)	Drugs and alcohol - Smoking	To understand the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.	Many young people first try smoking in their teenage years so it's important that our students know the facts about smoking as well as having support about how to stop if they become addicted. Some students are taking up vaping instead of smoking as they think this carries no health risks so, please listen out for this misconception. This link is useful if you want to know more: <a href="#">Is vaping harmful?   Cancer Research UK</a>



27/11/2023	B	HE (and Voice 21)	Puberty and Emotional Changes	Describe the main physical and emotional changes experienced during puberty Evaluate how relationships can be affected during puberty Develop strategies for managing the emotional aspects of puberty	In year 7 many of our students struggle with the effects of puberty (mood swings and unpredictable reactions), therefore it is important for them to learn about these and how to manage them effectively.
04/12/2023	A	HE (and Voice 21)	HE and Voice 21 Oracy challenge preparation	Students will have time to prepare for their Voice 21 Oracy challenge in this lesson. This is an important experience for students to have in order to develop their oracy skills.	At Huntington school we strive to be a 'talk rich' community. Where students are given a safe space to develop their important oracy skills.
11/12/2023	B	HE (and Voice 21)	HE and Voice 21 challenge	Students will present back their Voice 21 Oracy challenges.	At Huntington school we strive to be a 'talk rich' community. Where students are given a safe space to develop their important oracy skills.
18/12/2023	A	Responsive (and Citizenship)	How to give back at Christmas	Students will learn about how Christmas is a time to seek out opportunities to give back to the community. Students will plan and deliver an act of kindness to bring joy to someone within the school/york community (christmas cards for elderly)	It is important for students to understand how they can be an active citizen within the school and local community. How to spread acts of kindness to others who may find Christmas a challenging time.



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. [Here](#) you can access a document that you may find useful to read provided by the DFE '*Understanding Relationships, Sex and Health Education at your child's secondary school: a guide for parents*'. 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 their 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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