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15<sup>th</sup> September 2023

Dear Parent/carer

As we begin a new year, as Subject Leader of PSHE (Personal, social, health and economic education) and RSE (Relationship and Sex Education) I wanted to write to you to inform you of the content of your child's PSHE and RSE lesson content for this term. As you will 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	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.
18/09/2023	A	HE and Voice 21	Attitudes to mental health	Understand attitudes to mental health and challenging misconceptions	This topic is revisited throughout the PSHE curriculum. The key concepts will be built on and new elements developed each lesson.. It is important that students gain a deeper understanding about mental health. Understand the importance to look after their own mental health and to challenge misconceptions.
25/09/2023	B	HE and Voice 21	First aid- bleeding	Describe the signs and symptoms of internal and external bleeding  Assess and provide first aid to a casualty who is bleeding  Seek medical help if required for a casualty who is bleeding	It is important for students to understand first aid basics. How to identify different types of bleeding, how to provide basic first aid and seek medical advice.

02/10/2023	A	HE and Voice 21	Dental health and the benefits of good oral hygiene	Understand what is meant by good oral hygiene, dental health and how to access NHS services	It is important for students to understand how to look after their teeth and how to access NHS services.
09/10/2023	B	HE and Voice 21	Healthy from Tip to Toe	Understand how to keep a healthy heart, body and mind. Understand why it is important to look after yourself.	Physical health is important, and we all need to take responsibility to look after ourselves in terms of exercise diet. It is important that students also understand the link between physical and mental health.
16/10/2023	A	HE and Voice 21	Sleep	Understand the importance of sufficient quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Sleep is vital for people of all ages. For teenagers, though, profound mental, physical, social, and emotional development means quality sleep is even more important. LINK TO THE YORK UNI STUDY ABOUT OUR STUDENTS- GET DATA FROM THEM TO USE HERE
23/10/23	B	HE and Voice 21	E safety- respectful online communication	Understand how to communicate with others online respectfully	This lesson links with both the school wide anti bullying work that we are embedding within the school community through form time and assemblies. It also builds on from the sexual harassment assembly led by Mrs Naish. It is vital that students are careful about how they communicate online and the impact it has on others. Our students must be made fully aware of their digital footprint.

					Therefore, in this lesson students will learn about how important it is to be considerate about what we say/ access on websites/ social media as it may have long term implications for them personally.
30/10/23			Holidays		
6/11/2023	A	HE and Voice 21	Healthy eating	Understand how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	The teenage years are a time of rapid growth and development, so a healthy balanced diet is particularly important.
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	HE and Voice 21	Mental wellbeing 1	State the factors which influence our health and health behaviours.	Our students need to build their resilience to unhealthy wellbeing choices. This is a topic that is revisited throughout the PSHE and builds.
27/11/2023	B	HE and Voice 21	Drugs (including vaping)	Access and evaluate their prior knowledge, beliefs and attitudes regarding substance use.	¾ teenagers say they drink some sort of caffeine regularly and adverts for caffeinated drinks are often targeted at them. However, caffeine has lots

				Describe the effects of caffeine consumption, sugar consumption and vaping Explain the risks associated with caffeine consumption, sugar consumption and vaping Consider the way caffeine and vaping products are marketed at young people	of negative side effects (particularly when consumed in teenage years) such as disrupted sleep patterns and health issues like heart problems. There have also been recent issues in Y8 connected to vaping (the content on vaping will build on what they have done in the assembly delivered by Mr Paley).
04/12/2023	A	HE and Voice 21	Body image	Develop media literacy skills by exploring how images and messages from advertising to movies and social media, are often manipulations of the truth. Understand that it is pointless comparing themselves to images in the media because these images often promote appearance ideals to sell peoples products and services. Set a goal to challenge and reject media images and messages that promote appearance ideals.	Research shows that poor body image in teens is linked to depression. This is the case for both males and females despite many students thinking that this is a female only issue.
11/12/2023	B	HE and Voice 21	Voice 21 Oracy Challenge	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.
18/12/2023	A	HE and Voice 21	Voice 21 Oracy Final Challenge	Students will present back their Voice 21 Oracy challenge	At Huntington school we strive to be a 'talk rich' community. Where

					students are given a safe space to develop their important oracy skills.
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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

A handwritten signature in black ink, appearing to read 'Beth Pellemounter', written in a cursive style.

Ms Beth Pellemounter  
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