



HUNTINGTON SCHOOL

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Headteacher: Mr M Smith

Friday 22nd December 2023

Dear Parent/Career,

As we reach the end of our Autumn term, I wanted to write to you to share the overview of the **Year 8 PSHE content for the Spring Term.**

PSHE is an important part of our curriculum at Huntington School. Within this subject we strive to equip our students with life skills and knowledge to ensure that our students remain healthy, happy and safe both now and into their future adult lives.

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

	<p>Relationships and Sex Education (RSE)</p>	<p>This is an important part of PSHE education and has been made statutory by the Department for Education for all secondary school pupils. A wide range of topics are covered within this category such as; families, respectful relationships, consent and the law, how to stay safe, sexual health and sexual relationships.</p>
	<p>Health Education</p>	<p>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. A wide range of topics are covered in this category such as; internet safety, healthy eating, physical health and fitness, basic first aid, the changing of the adolescent body and the dangers of; drugs, alcohol, tobacco and vaping</p>



	<p>Aspirations (Careers Information, Advice and Guidance)</p>	<p>This is characterised by an ambitious approach of wide possibilities for students and is aimed to ensure high aspirations. The supported careers journey for each student at Huntington School is delivered through; careers events, personal guidance discussions, explicitly taught PSHE lessons on careers and the embedding of careers into the wider curriculum.</p>
	<p>Citizenship</p>	<p>Citizenship involves developing the knowledge, skills and confidence to enable our young people to make their own decisions and to take responsibility for their own lives and communities. We want our young people to leave their time at Huntington School with a strong grasp of the political, legal and economic functions of society, and with the social and moral awareness to thrive in it.</p>
	<p>Responsive lessons</p>	<p>It is important for PSHE to be responsive to the needs of each year group at Huntington School. For these lessons the content will be planned nearer the time in response to their needs and based on the pastoral teams' reflections.</p>

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. The table below shows what is coming up for your child this term and if you wish to access an overview of each year group click [here](#)



01/01/2024	Holidays				
08/01/2024	B	RSE	Relationship Values	Continue to learn the indicators of healthy and unhealthy relationships building on their knowledge from this topic explored in Year 7.	This is a key responsibility for us to keeping our young people safe and support them to having healthy and fulfilling relationships. This lesson builds from the lesson on this in year 7.
15/01/2024	A	RSE	Consent Part 1: Avoiding assumptions and how to use F.R.I.E.S as a way of teaching consent.	Learn key concepts of respect, permission seeking and the difference between appropriate and inappropriate contact. This lesson builds on from what they have learnt in year 7. Students will revisit what is meant by consent. 3 Mind-Blowing Way How F.R.I.E.S Is Used to Teach CONSENT	There are issues around consent and sexuality. There are some key characters in our media that are having an impact on our young people, It is important to keep them informed about their moral and legal duty.
22/01/2024	B	RSE	Consent Part 2: Influences on relationship expectations (sending nudes and sexting).	Learn key concepts of respect, permission seeking and the difference between appropriate and inappropriate contact. This lesson builds on from what they have learnt in year 7. Students will revisit what is meant by consent. Students will also understand the pressures on young people to send naked pictures (nudes and sexts). Students will learn how to give advice to others to avoid sending a Sext. Students will learn about the possible consequences of sending a Sext or a nude, including the legal consequences	There are issues around consent and sexuality. There are some key characters in our media that are having an impact on our young people, It is important to keep them informed about their moral and legal duty. Linked to inappropriate online behaviour covered in Year 7. Students need to understand what 'Sexting' and 'Nudes' are and the pressures that young people might experience to engage in it. It is important for students to understand the consequences and legality of this action to ensure their safety now and in the future.



29/01/2024	A	Responsive and RSE	Sex – The Basics	Students will revise the basic of what sexual intercourse is and an understanding of key terminology	This lesson has been based on feedback from form tutors that their form groups need to revise this information that they first learnt about in primary school before they build on this knowledge to learn about contraception.
05/02/2024	B	RSE	Safer Internet Day (6 th Feb) E safety- social media	Understand what wellbeing means and how social media could impact on wellbeing and actions. They will learn the steps that young people can take both online and offline, to promote their own wellbeing	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. It is vital that students understand the steps they can take both on and offline to help to promote their own wellbeing.
12/02/2024			Holidays		
19/02/2024	A	RSE	Contraception	Learn key information about what is contraception and its purpose. To also understand the basics of what STI's are and how to protect against them.	This is an important part of learning about consent and healthy relationships to understand about sexual health and contraception.
26/02/2024	B	Citizenship	Finance Session: The importance and practise of budgeting	Understand how to budget and why it is important. Reflect on Spending and understand ways to pay and build on their knowledge about how to budget. How to make the most of value for money. Students will also learn more about saving.	A key life skill is to have an understanding of finances. How to manage money and keep control of it. In their maths curriculum, students are given the skills to understand how to apply their maths to money management. But in PSHE they will learn how it applies to real life scenarios.
04/03/2024	A	Careers	National Careers Week	As part of National Careers Week, students will be engaged in a number of lessons/activities based on their future aspirations for the world of education, training and work. This lesson will be supported by Huntington School Alumni who will be returning to	This session is to mark the National Careers Week which is taking place within the UK. It is important as it reminds students about the importance of considering their future. A big theme of this week is the influence of Huntington Alumni who will be heavily involved in National Careers Week. Our



				school to share their stories and support this lesson.	former students will be taking about their successes, setbacks and what they have learnt. Making the most of every experience (good and bad) is a very important message for our students.
11/03/2024	B	HE	Healthy School Carousel intro to the importance of exercise	Understand the importance of regular exercise and the benefits that this brings. To have the opportunity to explore a range of fitness classes, including developing confidence of being in a gym, gym etiquette and to understand that the weights section is not just for men.	It is important for students to understand the importance of regular exercise and the benefits that this brings. This Healthy School Carousel will educate students about this but also give them the experience of a range of classes that will help with them keep fit.
18/03/2024	A	HE	Healthy School whole year launch: A visiting speaker and Gym Owner – sharing his testimony about how exercise and healthy eating changed his life.	This lesson is helps students to understand through a personal testimony how important healthy diet and exercise is. This visiting speaker will build on their year 7 lesson 'Healthy Tip to Toe' where students are reminded about the key links between physical and mental health. This session also supports students to understand about gym etiquette, so they are fully prepared and feel confident to use one when there are the correct age.	It is important for students to understand the importance of regular exercise and the benefits that this brings. This Healthy School Carousel will educate students about this but also give them the experience of a range of classes that will help with them keep fit.



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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. We 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 we can support you and your child as you have conversations around these challenging topics. We are grateful to parents who have offered feedback about how useful they find the PSHE photographs on our school's social media. As a result, we endeavour to develop our PSHE social media presence further. We have a Huntington School PSHE Logo, which will be placed on all PSHE related photographs on Facebook so you can easily see the PSHE curriculum in action. We hope this will help to prompt PSHE based conversations at home.

If you have any questions or concerns, please do not hesitate to get in touch
bj.pelleymounter@huntington-ed.org.uk

Merry Christmas and kindest regards

A handwritten signature in black ink, appearing to read 'Beth Pellemounter'.

Ms Beth Pellemounter
Subject Leader of PSHE & RSE and Literacy Curriculum Coordinator

