



HUNTINGTON SCHOOL

Huntington Road, Huntington, York, YO32 9WT. Tel: 01904 752100
Email: mail@huntington-ed.org.uk
Headteacher: Mr M Smith

8th April 2024

Dear Parent/carer,

I am writing first to introduce myself. I am Assistant Subject Leader of PSHE (Personal, Social, Health and Economic Education) & RSE (Relationship and Sex Education). As we start the Summer Term, I wanted to share with you the overview of the Year 10 PSHE content for this term.

PSHE is an integral part of our curriculum at Huntington School. Within the subject we provide students with the life skills needed keep safe, healthy and happy both now and in their adult lives.

The Department for Education have set clear guidance in the form of statutory information for what we need to cover. Our PSHE curriculum has been structured around these guidelines to meet the specific needs of our students. The lessons are divided into 5 categories as shown from page 2 onwards.




We know that in order for these topics to have the maximum impact on our students, the conversations had at home are vital. I would value any suggested training you feel you would benefit from as a parent, so I can support you and your child in having these important conversations around potentially challenging topics.

If you have any questions or concerns, please don't hesitate to get in touch.
s.roworth@huntington-ed.org.uk



Kindest regards,

Miss Sanchia Roworth
Assistant Subject Leader of PSHE & RSE and Teacher of Physical Education



	Relationships and Sex Education (RSE)	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.
	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. 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
	Aspirations (Careers Information, Advice and Guidance)	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.



	Citizenship	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.
	Responsive lessons	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.

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](#)



08/04/2024	B	HE	Sleep – Why it is important	<p>Why sleep is so important</p> <p>How lack of sleep can impact on our wellbeing and ability to learn</p> <p>How sleep patterns work for teenagers.</p>	<p>Last year some Year 10 students were involved in a sleep study at York University.</p> <p>Data showed that many students from this age group are not getting enough sleep. This can have a huge impact on mental health, resilience and ability to learn.</p> <p>Therefore, through PSHE you are learning the basics of why sleep is so important and how to your sleep Hygiene to help to improve your sleep habits</p>
15/04/2024	A	HE	Sleep Hygiene	<p>What Sleep Hygiene means?</p> <p>How to improve our own sleep hygiene.</p> <p>A reminder of why good sleep is important</p>	<p>Last year some Year 10 students were involved in a sleep study at York University.</p> <p>Data showed that many students from this age group are not getting enough sleep. This can have a huge impact on mental health, resilience and ability to learn.</p> <p>Therefore, through PSHE you are learning the basics of why sleep is so important</p>



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22/04/2024	B	Citizenship	Finance Session 1: Income and expenditure	Understand how to build on finance skills in Maths. To learn about income and expenditure and why this is an important life skill.	A key life skill is to understand 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.
29/04/2024	A	Citizenship	Finance Session 2: Credit, Debt and Insurance	Understand what credit, debt and insurance is. 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. A key life skill is to have an understanding of finances. How to manage money and



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06/05/2024	Bank Holiday Monday				
13/05/2024	A	Responsive	Mental Health Awareness Week	Revise with students the importance of looking after mental health. Students will understand what is meant by Self Care and why this is so important to embed into their daily lives.	Mental Health remains a significant issue for our York young people following Covid. In reaction to Mental Health awareness week. It is important to help students to understand how to promote self-care.
20/05/2024	B	RSE	The impact of Pornography: Part 1	The impact of viewing harmful content That specifically sexually explicit material e.g. Pornography presents a distorted picture or sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. What to do and where to get support to report material or manage issues online	This is an essential part of the RSE curriculum set out by the DFE. Understanding about the impact that viewing of harmful content can have on a person is important to keep our students healthy, happy and safe. It is also essential that students understand the legal side to this topic.



				That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	
27/05/2024		Holidays			
03/06/2024	A	Responsive	The impact of pornography: Part 2	<p>The impact of viewing harmful content That specifically sexually explicit material e.g. Pornography presents a distorted picture or sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.</p> <p>What to do and where to get support to report material or manage issues online</p> <p>That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.</p>	<p>This is an essential part of the RSE curriculum set out by the DFE. Understanding about the impact that viewing of harmful content can have on a person is important to keep our students healthy, happy and safe.</p> <p>It is also essential that students understand the legal side to this topic.</p>



10/06/2024	B	Responsive	Revision strategies – How to revise	Continue to learn about effective revision strategies.	This is a topic that gets revisited each year. These lessons will support the revision work that is also taking place within other subjects. It is important that students continue to develop the skills on how to revise.
17/06/2024	A	Responsive	Revision (Yr. 10 Exams Week)	This is year 10 exam week and so students will be given time in this lesson to revise and develop skills on how to revise	It is important for students to be given some time in lesson to revise and prepare for their forthcoming exams.
24/06/2024	B	Responsive	Responsive to York: County Lines	To revise what is meant by county lines. To understand the risks and how to keep yourselves safe.	As part of the PSHE curriculum it is essential that it meets the needs of our Huntington School Students. A key issue arising for our students now is – County Lines. Students learn about this in KS3 but a revision session is provided in this session
01/07/2024	A	Responsive	Responsive to York: Anti-Social Behaviour.	To explore what is meant by anti-social behaviour. To revise how to be a valuable member of the York community and not to engage with anti-social behaviour.	As part of the PSHE curriculum it is essential that it meets the needs of our Huntington School Students. A key issue arising for our students now is – County Lines. Students learn about this in KS3 but a



					revision session is provided in this session
08/07/2024	B	Responsive	Responsive to York: Water Safety	A visit from the Life Saving society. To understand how to stay safe when in an around water.	It is vital for young people from York to have a good knowledge of water safety. This knowledge can be applied within York due to river safety. But also, when on holiday around swimming pools, lakes and the sea.
15/07/2024	A	RSE	Responsive to York: Domestic Abuse (Including IDAS revision)	To revise what is meant by Domestic Abuse. To understand that this can also extend to sibling interaction as well. To understand how to keep safe and what to do if this happens to you.	As part of the PSHE curriculum it is essential that it meets the needs of our Huntington School Students. A key issue arising for our students now is Domestic Abuse. Students learn about this in KS3 but a revision session is provided in this session.
23/7/2024	B	Responsive	. Responsive session: RESPECT of TIME, PLACE and PEOPLE	This is a responsive session created to meet the specific needs of this year group. To explore the meaning of the word respect and why it is important to embody this word within our behaviour and the way we interact with others.	Litter is currently a significant issue within this year group, so is 'wandering' (taking longer than needed to get from one lesson to another, to walk back from the toilets etc). This lesson intends to go back to basics with exploring how we can all be



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				This lesson looks at how we can promote respect when looking after our school, our interaction with others and how we spend our time within the school day.	more respectful of our time, our school and each other.
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