



HUNTINGTON SCHOOL

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



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Dear Parent/Carer,




As we reach the end of our Autumn term, I wanted to write to you to share the overview of the **Year 7 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>



	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](#)



08/1/2024	B	HE	National Obesity Awareness Week (8 th -14 th Jan)	Understand the importance of maintaining a healthy diet and regular exercise.	A healthy diet and regular exercise is a vital key to a healthy and happy life. It is important that students understand what this means.
15/01/2024	A	RSE	Healthy & unhealthy relationships	Describe the features of committed stable, healthy relationships To identify what healthy behaviours are. This session will be explored through real life scenarios using spoon puppets.	It is essential that students understand the features of committed, stable and healthy relationships. Students also need to be able to identify what unhealthy relationship behaviours to practice developing healthy relationships in a range of real-life scenarios.
22/01/2024	B	RSE	Unhealthy Relationships and Managing conflict	Understand what makes an unhealthy relationship. To recognise that disagreements in family relationships are common, but that effective communication can improve relationships Explain different communication styles and their likely impacts Give examples of effective communication Explain appropriate online relationship behaviours	It is important for students to understand that disagreements in families are common and effective communication can be a powerful way to improve relationships and move things forward. It is important for students to explore different communication styles and understand the impact. This lesson also explores appropriate online relationship behaviours.
29/01/2024	A	RSE	Intro to consent Part 1	To learn about what consent means, both legally and ethically. To learn what it looks like in practice	This is a lesson that will be revisited throughout the PSHE curriculum. It is important for students to understand what the word, Consent means. Also, what it looks like in practise and what the law says about it.
05/02/2024	B	Responsive (and RSE)	Safer internet Day (6 th Feb) Managing conflict and appropriate online behaviours (including sexting)	This is a responsive lesson requested from the pastoral team. To understand how to manage conflict within real life scenarios. To revise healthy relationship features.	It is important that students understand how to manage conflict situations. To remind themselves what healthy relationships should look like. It is important that students understand how to communicate appropriately online



				<p>To understand how to communicate appropriately online and how to seek support.</p> <p>Students will also understand the pressures on young people to send naked pictures (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, including the legal consequences.</p>	<p>and what to do if they find that this has not happened.</p> <p>Linked to inappropriate online behaviour. Students need to understand what Sexting is 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.</p>
12/02/2024			Holidays		
19/02/2024	A	Careers	Aspirations Intro	<p>Students are introduced to the idea of careers at Huntington and the importance of this area of personal development.</p>	<p>Although our students are just stating their journey at Huntington, it's important that they can see the bigger picture - which is that they need to consider their future. Knowing that students are entitled to support with this throughout school is key, but so is the emphasis that students must be proactive in this process. This lesson identifies these points and introduces students to the support available at Huntington.</p>
26/02/2024	B	Careers	Virtual Aspirations Fair/LMI	<p>Over two weeks, students will have two lessons: 1) Virtual Aspirations Fair & 2) Labour Market Information. The first lesson uses an original resource created at Huntington School, where students watch videos made by our brilliant community careers contacts. Students will find out about a range of possible careers and how they train/qualify for them.</p>	<p>Some of our students will already have careers in mind, some won't; and that's absolutely fine as long as students engage positively with their career planning and reflections. The Virtual Aspirations Fair will allow students to see a large number of possible careers (for those who don't have a career in mind) and will provide information on training routes and advice around qualifying for these jobs (for those that do). In Year 9, students will visit the</p>



				In the second session, students will find out about Labour Market Information (LMI) and why this is important when considering careers; they will focus particularly on the important industries locally and regionally.	fair in person and will be able to speak to the employers to deepen their knowledge further! The LMI lesson is all about students seeing that there are other considerations behind choosing a job. For example the pay, prospects and job availability! It's also important for students to recognise that it takes a huge number of roles, skills and qualities to make an organisation work, and that there are many (excellent) jobs in organisations that may be less noticed from the outside. For example there are over 300 roles in the NHS – not just doctors and nurses!
04/03/2024	A	Careers	Aspirations Stereotypes	Students learn about the dangers of assuming stereotypes in work (and life). They will find out that protected characteristics do not determine our outcomes in life; and that with hard work and the right attitude, anybody can do any role in society!	Assumptive stereotypes are far more challenged today than ever before, but they still exist and can still be damaging. Students needs to see that their protected characteristics are not a reason to enter a certain career and are not a reason to be excluded from a career.
11/03/2024	B	Careers	Virtual Aspirations Fair/LMI	See 26/2/023	See 26/2/23
18/03/2024	A	Careers	Aspirations Work Life Balance	Students will learn about important laws and rights relating to the world of work; which can also be applied to school. They will investigate the importance of having a work life balance (at school and work) and how this positively impacts their mental wellbeing.	Mental health and wellbeing are very important at Huntington School, as it is in life. Making sure students recognise that having a balance between work (school or career) and recreation is an essential message as our young people grow into adults. It is also important that young people begin to grasp the important laws and rights which support these needs.



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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.pellemounter@huntington-ed.org.uk

Merry Christmas and kindest regards



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