

Dear Parents and Carers,

I hope your children have enjoyed the start of the new academic year and have settled into their learning well. If you were with us last year, you may remember me when I previously wrote to you about our Personal, Social, Health and Economic (or PSHE for short) curriculum at Teignmouth Community School. My name is Kelly Moloney, and I am Head of PSHE at school. I am really passionate about my subject, and in my opinion, it is one of the most important lessons on their timetable as it essentially teaches them 'life skills'.

Like last year, PSHE will continue to be taught as a standalone subject, where your child will receive one lesson of PSHE a fortnight. Learning will also be reinforced with a fortnightly PSHE tutor time programme, assemblies and through 1 'Enrichment Day' in the summer term where the school will collapse its 'normal' lessons and students will take part in PSHE activities.

PSHE is a subject that is broadly split into three key areas:

1. Health and Wellbeing
2. Living in the Wider World
3. Relationships

In essence, PSHE at Teignmouth Community School is the subject through which students develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work both now and in the future. Students will be given opportunities to develop themselves in a well-balanced way, beyond the academic and to move from childhood to adolescence with support and guidance to encourage both an awareness of others and the growth of responsible independence.

Attached to this letter is an overview of the curriculum. I hope you find this useful in understanding the key topics which will be covered.

Since September 2020, 'Sex and Relationships Education' (or SRE for short) and 'Health Education' have been a statutory part of every school's curriculum. This essentially meant that the government was, and still is, committed to ensuring that every child in England and Wales receives similar educational experiences within these areas and they have detailed the information young people need to help them develop healthy, nurturing relationships of all kinds. It covers contraception, developing intimate relationships and resisting to and not applying pressure to have sex. It also covers what is acceptable and unacceptable behaviour in relationships. The DfE have published a useful guide for parents which can be found here:

www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health. It should enable them to recognise what is considered normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.

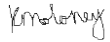
It is important to be mindful of the fact that PSHE isn't just 'all about sex'. There are also important lessons embedded within the subject related to further education and careers, financial decision making, bullying, discrimination, drugs, gangs, online safety and digital literacy to name a few!

All PSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values. Lessons will be designed in line with DfE recommendations and with support from the PSHE Association to ensure that the content is sensitive, comprehensively planned and age appropriate.

Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of the statutory RSE following discussions with the Principal up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to. Our SRE policy is available on our website.

As a school community, we are committed to working in partnership with parents; if you would like to find out more or give any feedback, then please do not hesitate to contact me.

Yours Sincerely,



Kelly Moloney

kelly.moloney@teignmouthschool.co.uk

Subject Lead for PSHE

Teignmouth Community School PSHE Education: OVERVIEW

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 + Enrichment Day Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Employability skills Employability and online presence	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work

Year 11	<p>Building for the future Self-efficacy, stress management, and future opportunities</p>	<p>Next steps Application processes, and skills for further education, employment and career progression</p>	<p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Independence Responsible health choices, and safety in independent contexts</p>	<p>Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	
---------	--	---	---	---	---	--