

7th October 2020

Dear Parent/Guardian

Year 10: PSHE Introduction

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) course. This looks at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE course is to help our pupils make safe and informed decisions during their school years and beyond.

In year 10 the specific topics your daughter will cover are:

Living in the wider world	Relationships	Health and wellbeing
The world of work	Contraception	Understanding anxiety
The world of work and law	STIs including prevalence, testing and treatment	Managing stress
Personal finance	Puberty and pregnancy	Sleep
British value-rule of law	Motherhood and parenting	Body image
	Healthy relationships	Drug and alcohol education – choices and consequences
	Coping with change-emotional resilience	Drug and alcohol education- impact on choices and sexual health

You may find that your daughter starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate to get in touch.

Yours sincerely



Mrs M Dakovic
 Head of Social Sciences