

7th October 2020

Dear Parent/ Guardian

Re: Year 8 – 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 8 the specific topics your daughter will cover are:

Living in the wider world	Relationships	Health and well being
Careers and enterprise	British values -tolerance	First aid
Careers –how to develop employability skills	Discrimination and racism	Sleep
Business understanding and enterprise skills lesson 1	LGBT	Healthy eating
Business understanding and enterprise skills lesson 2	New relationships	Puberty
Consumer choices	Cyber bullying	Peer pressure
Economic understanding: financial risks and rewards	Sexting – The risks	Drug and alcohol education-physical, emotional and social effect

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