

11th December 2019

Dear Parent/Guardian

Re: Years 7 – 11 - Whole school RSE and PSHE information letter

We believe that promoting the health and well-being of our students is an important part of their overall education. We do this through our Personal, Social, Health and Economic Education (PSHE) course; Relationships and Sex Education (RSE) and Health Education.

Our PSHE curriculum covers many topics including relationships, physical and emotional health and living in the wider world. The aim of the PSHE course is to provide our students with factual information that will help them to make safe and informed decisions during their school years and beyond. Other curriculum areas also reinforce these important messages e.g. students will learn about online Safety in computing. We work hard to enrich the curriculum by inviting visiting speakers, theatre companies and other professionals to educate your daughters about issues that could impact upon their future well-being.

The list below shows all of the topics covered in each year group.

	Year 7	Year 8	Year 9	Year 10	Year 11
Living in the wider world	Starting year 7	Careers and enterprise	Careers and personal review	The world of work	Careers and employability
	Home learning project - mood board	Careers lesson	Careers fast tomato	The world of work and law	Post 16 Options
	Careers software: fast tomato (identifies different career options)	Business understanding and enterprise skills lesson 1	Study skills	Personal finance	CV skills
	Careers lesson	Business understanding and enterprise skills lesson 2	Preparation for options	GCSE Mindset 1	GCSE Mindset 1
	Learning skills 1/2/3	Consumer choices		GCSE Mindset 2	GCSE Mindset 2
		Economic understanding: financial risks and rewards		GCSE Mindset 3	GCSE Mindset 3
Relationships	Personal values	British values -tolerance	British values- individual liberty	Puberty and pregnancy including miscarriage and abortion	Consent
	British values-respect	Discrimination and racism	Discrimination- homophobia	Motherhood and parenting	Healthy and unhealthy relationships
	Rights and responsibilities	LGBT	Self-esteem	Contraception	Extremisms and radicalisation
	Relationships including family relationships	New relationships	Home learning project-building self esteem	STIs including prevalence, testing and treatment	Grooming and exploitation
	Friendships	Cyber bullying	Assertiveness	Healthy relationships	NCS-debating and democracy
	Bullying and teasing	Sexting	Resilience	Coping with change- resilience	NCS-resilience and emotional wellbeing
			Real -body image	British value-rule of law	
			Real -good decision making		
Health and wellbeing	Road and rail safety	First aid	Sex	Understanding anxiety	Sex drugs and alcohol
	Healthy lifestyle	Sleep	Unprotected sex and consequences	Managing stress	Mental health-recognising the signs of concern
	Tobacco and alcohol - influences and risks	Healthy eating	Condom use	Sleep	
	Puberty	Puberty	Healthy eating	Body image	
	FOMO (fear of missing out)	Peer pressure	Eating disorders		
			Balancing work exercise, leisure and exercise		

You may find that your daughter starts asking questions about the topics 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 via your daughter's head of year. We value the input of parents and your feedback is useful to make sure that the curriculum is effective in delivering these important messages.


The PSHE and Relation, Sex and Health Education policies can be found on the school website under: <https://www.holtschool.co.uk/about-us/school-policies/>. The policies include information about your right to request that your child be withdrawn from sex education delivered as part of statutory RSE.

We would like to thank parents for their ongoing support of our curriculum. We will continue to keep you informed of any changes to the curriculum content and any upcoming speakers or performances scheduled for your daughter's year group.

Yours sincerely



Vicki Martin
(Assistant Headteacher)



Mira Dakovic
(Head of PSHE and Social Sciences)