



# **PERSONAL DEVELOPMENT PHSE/RSE UPDATE HT1**

**OUR LADY  
AND ST BEDE  
CATHOLIC ACADEMY**





# PHSE/RSE LEAD WELCOME

Dear parents/ carers

I am writing to inform you about the Relationships, Sex, Personal, Social, and Health Education (RSE/ PHSE) curriculum taught at Our Lady and St Bede.

Firstly, I would like to introduce myself, I am Mr Wardman and have been leading the subject for the past 4 years. As a PE teacher, health is something I have always been passionate about, through the power of these lessons, we are able to educate our young people on how to stay healthy in all aspects of life.



# Curriculum Intent

In our Holistic Development lessons(RSE/PHSE), we aim to develop our pupils holistically to enable them to lead safe and healthy lifestyles. Through this, pupils will understand how to manage their personal, social and academic life. A prosperous careers program has also been implemented to prepare pupils for life beyond school. Pupils will also learn about healthy and sexual relationships. Through this enriching curriculum we aim to foster pupils' wellbeing, develop resilience and character that we know are fundamental to pupils being happy, successful and productive members of society.

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy.” (Secretary of State Foreword)

Please note that the content covered within this subject follows statutory guidance and it is mandatory that all schools teach the following content:

## **Physical Health and mental Wellbeing:**

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy Eating
- Drugs, Alcohol and Smoking
- Health and Prevention
- Basic first aid
- Changing Adolescent Body

## **Relationships and Sex Education (RSE):**

- Families
- Respectful Relationships including Friendships
- Online and Media
- Being safe
- Intimate and sexual relationships including sexual health



## Ten Ten Resources

As a part of the Bishop Hogarth Academy Trust, we have bought in to the Ten Ten Resources, 'Life to the Full' programme, to further enrich the learning and ensure it is taught inline with the Catholic ethos of our school. These resources are accredited by the Catholic Education Service. The Life to the Full programme has a range of themes that it covers throughout each year group.

These include:

- Religious understanding
- Me, My Body and My Health
- Emotional Wellbeing
- Life Cycles
- Personal Relationships
- Keeping Safe
- Living in the wider world

### Online Parent Portal

The Online Parent Portal is a tool that provides parents with information about the 'Life to the Full' programme content that their children will be following in school. They can also access suggestions for further discussion at home linked to the sessions taught in school. The Online Parent Portal provides a summary of each lesson, links to specific content, and suggestions for further engagement at home. To access the parent portal, please use these log in credentials outlined:

<b>Username</b>	opp-olbeder-19
<b>Password</b>	rse-parent-yellow
<b>Parent Portal</b>	<a href="https://www.tentenresources.co.uk/parent-portal/">https://www.tentenresources.co.uk/parent-portal/</a>






## This Half Term (H12)

This half term, we will be covering the following topics within our HD RSE lessons.


"I HAVE COME  
THAT YOU MAY  
HAVE LIFE  
& HAVE IT TO  
THE FULL"

### HD RSE

## Half Term 1 Topics



Year	Topic	Content
<b>Y7</b>	Healthy Inside and out	Self esteem, Body Image, Healthy Active Lifestyle, Diet and Nutrition
<b>Y8</b>	Created and Chosen + Appreciating Differences	Self-appreciation, The Science of Uniqueness, Standing out/fitting in, Gender and Stereotypes
<b>Y9</b>	Love and Desire	Love and lust, Sexual attraction, Intimacy, Pornography, Masturbation and Choices.
<b>Y10</b>	Authentic Freedom, Self Image, Attitudes	Peer pressure, Sex and Responsibility, Self worth, Appreciation of our body and Good moral choices
<b>Y11</b>	Self-worth, Addiction and Eating Disorders	Respect for themselves and others, Dignity, Effects of addiction, Drug statistics, Strategies for resisting drugs, Eating disorders and wellbeing.



All of the content above is taught through the Ten Ten resources Life to the Full programme. If you would like additional information, please refer to the Online Parental Portal using the login details on the previous page, or contact the school via telephone or email.



## Additional Information

### **Beyond Ten Ten Resources**

We also cover a number of other topics beyond the Life to the Full programme. Some examples include: Smoking, Alcohol and Drugs, First Aid, Diet and Nutrition, Finance, Careers, Psychology, Knife Crime and Water Safety. As a school, we have chosen to add some of these topics in to aid further personal development and best prepare our pupils for life. The lessons are classroom based, fully resourced with media rich PowerPoints and worksheet booklets for each unit.

### **Assessment**

There are no attainment targets for RSE/PHSE education. Opportunities for both Assessment for Learning and Assessment of Learning are built into our provision. Assessments will encompass teacher, peer and self-assessment through key word tests, baseline and endpoint assessments.

### **Beyond the classroom**

It is important to note that parents have the right to withdraw their children from RSE, except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children, they are asked to notify the school by contacting the headteacher. The school will support by providing material for parents to help the children with their learning. The Ten Ten Resources Online Parental Portal (see above) provides detailed information about each lesson, which may help in clearing up any queries about the content being taught.

If you require any further information, then please check the school website for details or contact myself through the school enquiries procedure.

Kind Regards,

Mr Wardman

RSE/PHSE Lead