



6th March 2020

Dear Parent,

Personal, Health, Social & Careers Education (PHSCE) Day 4 – Tuesday 10th March

As you are aware, we deliver our Personal, Health, Social and Careers Education (which includes sex and relationships education) on five collapsed curriculum days throughout the year, when the normal timetable is suspended. We follow closely the national curriculum on these days, which includes a number of statutory (compulsory for us as a school) elements.

The topics we cover on these days include areas which will genuinely make a difference to the life choices your children make. We hope that this will mean that they will make positive, well informed choices which will lead to them becoming happy and well-rounded young people with high aspirations for themselves and others. We take our responsibility to educate our young people in a much broader sense (more than simply passing exams) very seriously. We have also attached the link for the DFE guidelines for parents in relation to Relationships, Sex and Health Education. Should you wish to understand what the current statutory expectations are, please click below:

[RSE Secondary Schools Guide For Parents](#)

As these days have so much vital information condensed into them, students who are absent will miss important information that could impact on future life choices which is vital to their wider education and well-being. As such, any student who is absent on a PSHCE day will need to catch this work up in four, one hour sessions after school when they return.

The fourth collapsed curriculum day of this academic year will be next Tuesday, 10th March.

On this day:

- Year 7 will be discussing issues such as personal hygiene and puberty; the importance of sleeping and issues relating to gaming; Online Safety; the dangers of smoking and vaping and they will be visited by Heart Start who will teach students how to perform CPR.
- Year 8 will explore 'The Real Game' introducing career options and the cost of living. They will experience a 'World of Work' (WOW) Day and will be visited by the RAF, UCLAN, Civil Engineers and an architect.
- Year 9 will have quite a varied range of topics to consider. They will be looking at politics and its importance – democracy and our voting system. They will look at the bias in the media and consider the importance of making their own decisions based on reliable sources. Tying in with this theme, they will look at British Values and tolerance. Equally, they will learn about the serious issue of FGM and will also consider the dangers of tattoos and piercings.

Outstanding education at the heart of the community

- Year 10 will be attending either Hutton Grammar School Sixth Form Centre to develop their knowledge of A Levels in a number of taster sessions, or will be attending Southport College where students will also experience a range of vocational subjects. A number of students will be visiting Cambridge University, developing their aspirations in aiming for the very top universities in the country.
- Year 11 will be attending bespoke revision sessions in the core subjects of English, Maths and Science in preparation for the next set of practice examinations. They will also take part individually in a mock business interview; 15 interviewers from a range of occupations will take part in this process where students will have a ten minute interview and five minutes feedback from the interviewer. This will ensure that students are more prepared for college interviews and the interview process when entering employment. Finally, Year 11 students will receive presentations from 'Lancashire Mind' and 'Kooth' in order to provide strategies to alleviate exam stress and anxiety.

Students should report to their tutor group at the beginning of the day to receive their personalised programme.

If you have any questions, please do not hesitate to contact myself.

Yours sincerely,

Mrs C. Barlow

Assistant Headteacher (Progress and Intervention)