



1st October 2021

Dear Parent,

**Personal, Social, Health & Careers Education (PSHCE) Day 1**

**Thursday 7<sup>th</sup> October 2021**

As many of you are already aware, we deliver our Personal, Social, Health and Careers Education (which includes the statutory elements of 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 will 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.

As the first PSHCE Day of this academic year, we feel that there needs to be an emphasis on appropriate sessions aimed at supporting our students in the current climate. The PSHCE Day curriculum will follow guidance from 'The PSHCE Association' and will focus on developing our students to enable them to become more resilient and independent learners should they be faced with a period of home learning.

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 child who is absent on a PSHCE day will still be expected to complete all work missed. All of the work will be provided on Classcharts with a clear deadline for completion. Ideally, they will complete this in their own time at home, but if not after school sessions will be arranged to ensure their engagement with these important topics.

On the first PSHCE day this year:

- All students in years 7-11 will have sessions with a careers focus looking at employability skills and reflecting on their own future relative to their year group.
- West Lancashire Police will be delivering a session to all year 7 students which focuses on online behaviour and sexting and the legalities in relation to this important topic. They will also learn about what we consider to be appropriate behaviours both in school and around the community, exploring peer pressure and developing self-esteem and engage in a session focused on prejudice and discrimination.
- Year 8 will learn about a range of topics including: 'The Law and Me', what makes a good school and the importance of a code of conduct. They will consider the impact of social media addiction and develop an understanding of the dangers of legal highs.

*Outstanding education at the heart of the community*

- Year 9 students will undertake lessons in relation to depression and mental health awareness; balancing school and outside life; bias in the media and a digital health induction.
- Year 10 students will take part in a 'Goals and Aspirations' session having explored 'The Right Career for Me'. Students will also be introduced to the opportunity of completing Work Experience later in the academic year and begin to plan for this by writing letters to employers. They will also reflect on what it means to be healthy and they will engage in a session which highlights that 'Actions have Consequences'.
- Year 11 will each have a 'Steps to Success' session led by our Careers Advisor, Jayne North, whilst developing an understanding of how to be resilient, looking at strategies to support them throughout the year ahead. They will look at financial management, consider their own digital footprints and will also reflect on what it means to be healthy and the importance of taking care of themselves.

**In tutor time at the beginning of the day students will be shown their PSHCE Day timetable for the day.**

If you have any questions, please do not hesitate to contact me via [enquiries@tarletonacademy.org](mailto:enquiries@tarletonacademy.org)

Yours sincerely,

*Mrs K L Berry*

(Assistant Headteacher – Progress and Intervention)