



5th, October 2020

Dear Parent,

**Personal, Social, Health & Careers Education (PSHCE) Day 1
Tuesday 6th October 2020**

As many of you are already aware, we deliver our Personal, Social, Health 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.

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, particularly as we are in an area of local lockdown. 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. On Tuesday 6th October all of the work will be provided on Classcharts with a clear deadline for completion.

The first collapsed curriculum day of this academic year will be on Tuesday, 6th October.

On this day:

- All students in years 7-11 will have focused sessions on the skills they need to employ to become resilient and independent learners. This follows assembly presentations for the last two weeks during tutor time as we continue to explore effective strategies to enable students to take responsibility for their own learning. We will ensure that all students are fully aware of how to engage with work and ask for support, particularly during a period of home learning.
- Year 7 will learn about what we consider to be appropriate behaviours both in school and around the community, how to develop positive friendships, exploring peer pressure and developing self-esteem, the importance of sleep and also address the impact of gaming.
- 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 learn about our global responsibility in relation to the environment.

Outstanding education at the heart of the community

- Year 9 students will undertake lessons in relation to depression and mental health awareness; grieving and loss; family conflict and also undertake a digital health induction.
- Year 10 students will explore Post 16 options and investigate college courses having considered their own career aspirations in a 'Goals and Aspirations' session. In the absence of colleges being able to visit us, students will be given information of virtual tours and bookable Open Events. Students will also be introduced to the opportunity of completing Virtual Work Experience.
- Year 11 students will revisit post 16 routes of study and the range of qualifications they can move on to study, such as: A Levels; BTECs, Apprenticeships and T Levels. They will also write their Personal Statements to support college applications whilst exploring a wide range of study skills and revision strategies.

In tutor time at the beginning of the day students will be shown their PSHCE Day programme and will remain in their tutor groups for the duration of the day.

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

Yours sincerely,

Mrs K L Berry

(Assistant Headteacher – Progress and Intervention)