



Wellfield Academy

Executive Headteacher Mrs L Gwinnett
Head of School Mr J Lewis

25th January 2022

Dear Parents

I am delighted to inform you that tomorrow we will be holding our first Personal, Social, Health and Careers' Education (PSHCE) drop-down day of 2022. During this day, usual timetabled lessons are suspended to provide the opportunity for us to deliver PSHCE sessions within the themes of relationships, health and living in the wider world.

All lessons will be signposted on ClassCharts for any student who may be absent on the day and students will be expected to complete this work from home by next Wednesday.

Relationships and Sex Education (RSE) is an important and statutory part of our PSHCE course and we will be delivering age-appropriate lessons to various year groups on this subject during the day. Please refer to our school website for further details on our RSE policy (<https://wellfieldacademy.org/about-us/policies>) and complete the form if you have any concerns about your child accessing this content.

Please see below for further information on the content of the day for each year group:

Year 7:

- Healthy living – diet, exercise
- Immunisations and prevention of illness
- Effects of smoking/e-cigs and the law
- First aid
- Puberty

Year 8:

- Healthy living – healthy mind, social life and sleep
- Effects of smoking, alcohol and the law
- Fundamental British Values – extremism and radicalisation
- Pornography
- Choices

Year 9:

- GCSE options launch assembly
- GCSE options choices
- Consent
- Managing relationships and healthy relationships
- Substance abuse and misuse

Year 10:

- Work Experience launch assembly
- Work experience preparation
- Pregnancy
- Online image
- Mental health/wellbeing

Year 11:

- Safe use of social media
- Restart the heart
- Healthy mind
- Contraception/Sexually Transmitted Infections
- Being healthy
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Please do not hesitate to get in touch via enquiries@wellfieldacademy.org if you wish to discuss any element in further detail.

Yours faithfully

Mrs H E Livesley

Assistant Headteacher