



Wellfield Academy

Headteacher Mr J Lewis

23 January 2023

Dear Parent/Carer

On Wednesday, we will be holding our third Personal, Social, Health and Careers' Education (PSHCE) drop-down day of the academic year, which will be an important opportunity to cover some essential topics in the areas of relationships, health and living in the wider world.

Please see below for more detailed information on what will be covered with each year group:

Year 7:

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

Year 8:

- Healthy living – healthy mind, social life and sleep
- (Recap of smoking) Effects of alcohol and the law
- Fundamental British Values – extremism and radicalisation
- Pornography
- Choices (risk taking - water/road/railway safety)

Year 9:

- GCSE options assembly
- GCSE options choices session
- Consent
- Managing relationships and Healthy relationships
- Substance abuse and misuse

Year 10:

- Work experience preparation
- Pregnancy
- Mental health/wellbeing
- Healthy relationships – Key Charity
- Digital footprint – Key Charity



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Year 11:

- Appropriate Behaviours (sexual harrassment)
- Restart the heart
- Healthy mind (yoga and meditation – calming)
- Contraception/STIs
- Healthy eating

Relationships and Sex Education (RSE) is an important part of our PSHCE course. Lessons delivered are always age-appropriate, information will be delivered factually and no individual will ever be asked to reveal any personal information. Parents have the right to withdraw students from some or all aspects of RSE until three terms before their 16th birthday, when students are able to receive this education without parental consent. We believe that it is important for students to participate in these sessions in order for them to have the opportunity to discuss pressures, check facts and dispel myths. 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. Our preference would always be that students attend these carefully-planned sessions and learn about facts rather than discussing things informally and hearing information second-hand from peers outside of the classroom. Please do get in touch to discuss this with us and we will be happy to go through the content of individual sessions with you.

In the case of absence on the day, it is vital that this content is covered by all students, so we will ensure that all content is available on Google Classroom and signposted on ClassCharts. Please support your child by making sure that they access and engage with this learning. We do expect all students to complete this work as soon as they are well enough to do so.

Yours faithfully

Mrs H E Livesley

Assistant Headteacher