

Dear Parents and Carers,

As a part of your child’s educational experience at Cannock Chase High School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. The programme also includes Social, Moral, Spiritual and Cultural (SMSC) development and Relationships and Sex Education (RSE).

The content will be delivered according to government policy and informed by accredited national associations for PSHE. Students will receive one full lesson per week and the plan for the year for your child(ren) is detailed below:

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| **Autumn Term 1 – Healthy Relationships** |
| Transition concerns |
| Friendships |
| Bullying |
| Bullying -Bystander |
| Against Discrimination |
| Romantic Relationships |
| Family Relationships |
| Pressure and Influence |

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| **Autumn Term 2 – Physical and Mental Wellbeing- Puberty** |
| Ground rules and watch film |
| Physical Changes |
| Hygiene |
| The big issues for boys and girls |
| Emotions |
| Advice and Support |

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| **Spring Term 1 – Being Safe Online** |
| How much is too much? |
| Social Media- Reputation |
| Fake News and Trolling |
| Cyber Bullying |
| Dangers of the net |
| Online Grooming |
| Online Sexual Harassment |

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| **Spring Term 2 – First Aid** |
| Basic life support 1 |
| Basic life support 2 |
| Choking |
| Bleeding |
| Allergies |
| Asthma |

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| **Summer Term 1 – British Values** |
| British Values |
| Democracy |
| The Rule of Law |
| Individual liberty |
| Extremism |
| Challenge Racism |

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| **Summer Term 2 – Your future** |
| Why do people work |
| Employability Skills |
| The Cost of Living |
| How to get a job |
| Saving and Managing Money |
| Decision Making |

The new government statuary requirements have made the teaching of Relationship and Sex Education compulsory in primary and secondary schools across the country. Sex education within the national curriculum of Science (including teaching about reproduction in humans) is also compulsory. However, parents and carers have the right to withdraw their child from aspects of sex education within PSHE up until 3 terms prior to their child’s 16th birthday. If you should wish to exercise this right, please do get in touch via email ([J.Rowlinson@cannockchase-high.staffs.sch.uk](mailto:J.Rowlinson@cannockchase-high.staffs.sch.uk)) as soon as possible so we are able to discuss the options available.

RSE is part of our school’s PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for students to ask questions in order to prepare them for relationships in the modern world.

As a school community, we are committed to working in partnership with parents. Our PSHE and RSE policies are available on the school [website](https://www.cannockchasehigh.com/about-us/school-policies-and-reports) and constructive feedback is encouraged. If you would like to find out more or discuss any concerns, please do get in touch via the email below.

Yours sincerely,

Mrs J Rowlinson

Lead Teacher of PSHE and Character Education

Email: [J.Rowlinson@cannockchase-high.staffs.sch.uk](mailto:J.Rowlinson@cannockchase-high.staffs.sch.uk)