

14th September 2022

Dear Parents and Carers

As a part of your child's education at Liskeard School and Community College, we promote personal well-being and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme.

PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. I am writing to advise you of the PSHE programme for 2022. The Y7 PSHE programme in 2022 will include RSE (Relationships and Sexual Education) lessons that will teach about healthy relationships, including friendships; families; puberty*, self-esteem and confidence.

Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

Please visit the school's website: <https://www.liskeard.cornwall.sch.uk/parents-carers/psche> for more details about our PSHE curriculum.

All PSHE teaching will take place in a safe learning environment and is under-pinned by our school ethos and values. As a school community, we are committed to working in partnership with parents.

Parents have the right to withdraw from the sections marked with an * up until two terms before your child's 16th birthday. If you would like to discuss withdrawing your child or if you would like to find out more or discuss any concerns, we would urge you to contact: Mrs Emily Loffhouse Head of PSHE eloffhouse@liskeard.net

Yours sincerely
Emily Loffhouse

<u>PSHE: Autumn 1</u> <u>Transition into Secondary School</u>	<u>Concepts: Relationships/Risks</u>
Tutor Sessions: (1 per week on PSHE day)	Week 1: Welcome to Team Liskeard Week 2: Respect in School Week 3: British Values Week 4: Climate Change Week 5: Who can help me? Week 6: Black History Month
75 Minute Sessions- 1 per fortnight	Week 1 and 2- Worries Talking about how we manage our anxiety from Primary to Secondary Week 3 and 4 Our Special People Week 5 and 6 Dealing with Change Week 7 and Week 8 First Aid
<u>PSHE: Autumn 2: Careers</u>	<u>Concept: Careers/Identity/Power</u>
Tutor Sessions:	Week 1: Anti Bullying Week 2: Courage Week 3: British Values Democracy Week 4: What is Parliament? Week 5: Resilience Week 6: Kindness
Tutor Sessions:	Week 1 and 2 -Growth Mindset Week 3 and 4 -10 years from now Week 5 and 6 -What influences my decisions...: How does the economy influence our decisions?
<u>Spring 1: Resilience and Health</u>	<u>Concept: Health/Relationship/Risk</u>
Tutor Session	Week 1: Be Internet Citizens Week 2: 3 sides to every story Week 3: Us vs them Week 4: Speaking up/Speaking Out Week 5: Internet Citizen
75 minute Session	Week 1 and 2: How to live a Big Life? Week 3 and 4: How to live a Big Life? Week 5 and 6: Making choices about nutrition
<u>Spring 2: Resilience and Health</u>	<u>Concept: Diversity and equality</u>
Tutor Session	Week 1: Self Esteem Week 2: Cyberbullying Week 3: Radicalisation Week 4: British Values
75 minute Session	Week 1 and 2: Promoting Emotional Wellbeing Week 3 and 4: How to live a Big life (session 3) Week 5 and 6: The Sleep Factor
<u>Summer 1: Relationship and Sexual Health</u>	<u>Concept: Identity/Health/Relationship</u>
Tutor Session	Week 1: Refugees Week 2: Asylum Seekers Week 3: Displaced People Week 4: Identity Week 5: Diversity/Equality and the Law Week 6: Diversity/Equality and the Law
75 minute Session	Week 1 and 2: Every Mind Matters: Puberty * Week 3 and 4: People/Periods/Choices -Sustainable products * Week 5 and 6: Dental Hygiene
<u>Summer 2 Finance</u>	<u>Concept: Risk/Diversity and Equality</u>
Tutor Session	Week 1 Finance Week 2 Finance Week 3 Finance Week 4- RNLI Pull of the RIP Week 5 Beach Safety Week 6- Inside Out
75 minute Session	Week 1-2: My Big Life Session 5 Week 3-4: My Big Life Session 6