



2<sup>nd</sup> March 2017

Dear Parent,

## **Personal, Social, Health & Careers Education (PSHCE) Day 4 – Tuesday 7<sup>th</sup> March**

As you are 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 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 need to catch this work up in four, one hour sessions after school when they return.

The fourth collapsed curriculum day of this academic year will be this Tuesday 7<sup>th</sup> March.

On this day:

- Year 7 will be visiting two different places of worship to broaden their understanding of the different cultures that make up the diverse society in which we live. Further details of these visits have been provided in a separate letter.
- Year 8 will be taking part in 'The Real Game', a simulation exercise that encourages young people to consider the future that they would like for themselves and how they can best move towards that future through the decisions that they make now.
- Year 9 will consider a number of topics that influence the way they think about themselves and how they interact with others. This will include sessions on how to deal with feelings and emotions, developing relationships with other young people as well as issues concerning positive self-image and the choices that some young people make when their self-image is poor.
- Year 10 will continue to work towards the completion of the Duke of Edinburgh Award as well as building on the drugs education they have received in the past. This will include an examination of the choices that young people make about alcohol and the dangers of binge drinking.
- Year 11 students will have the opportunity to develop key revision skills as they prepare for their final exams in the coming months. In addition they will be given some ideas on how best to deal with the stresses and strains of the exam period to ensure that they give themselves the best possible chance of achieving the grades of which they are capable.

**Students should report to their tutor group at the beginning of the day to receive their personalised programme.**

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

Yours sincerely,

Mr R Gwinnett for Miss A Begolo  
Head of Humanities and Acting Head of RE and PSHCE

Mrs L A Gwinnett  
Headteacher

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