



10<sup>th</sup> October, 2016

Dear Parent,

## **Personal, Social, Health and Careers Education (PSHCE) Day 1 – Tuesday 11<sup>th</sup> October**

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 first collapsed curriculum day of this academic year will be tomorrow, Tuesday 11<sup>th</sup> October.

On this day:

- Year 7 will be discussing friendship issues, particularly in light of changing and developing friendships as they join their new school.
- Year 8 will be learning about conditions that many of the peers are dealing with on a day to day basis including dyslexia, Autistic Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and other invisible barriers to learning and social interaction.
- Year 9 will be reflecting on issues to do with relationships and mental wellbeing including family conflict, ageism, death and grieving and depression in an effort to raise their levels of resilience and empathy.
- Year 10 will launch their Duke of Edinburgh Award participation and begin to plan ahead for their work experience later in the year.
- Year 11 will be exploring possibilities for Post 16 colleges and apprenticeships and will begin preparing applications that sell them in their best light and make the most of their potential.

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

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

Yours sincerely,

Miss A Begolo  
Head of RE and PSHCE

Mrs L A Gwinnett  
Headteacher

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