



Clacton County High School

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Higher Expectations, Raising Aspirations

Our Reference: FCOLET1/LH

17th September 2021

Dear Parent/Carer

I am writing to inform you that in addition to our PROUD curriculum, we are introducing one designated lesson each half term to deliver Relationship and Sex Education (RSE) across the school. During these lessons, all students will be taught RSE instead of their current timetabled lesson. The purpose of this is to be able to deliver the statutory requirements for Personal, Social, Health and Economic Education (PSHE) and also Relationship and Sex Education (RSE) within school.

Each year group will have a bespoke curriculum which will help students to develop the knowledge, skills and attributes to be healthy and safe. During the sessions, students will be able to ask questions, which will be answered factually in an age appropriate manner, within a safe environment.

These sessions will also promote the spiritual, moral, cultural, emotional and physical development of pupils at the school and of society, and will endeavour to prepare pupils for the opportunities, responsibilities and experiences of later life.

This term the topics that will be covered in Year 7 for RSE are:

- **Relationships and friendships** - Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness and sexting.
- **Changing me** - Puberty changes, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty and sources of help and support.

This term the topics that will be covered in Year 7 for PROUD are:

- **Mutual respect** - Healthy relationships, equal and respectful relationships.
- **Mental health and wellbeing** - Strategies to manage mental health and emotional wellbeing.
- **Resilience** - How to approach difficult situations.
- **Careers** - An introduction to career pathways within the National Health Service.
- **CPR** - An introduction to cardiopulmonary resuscitation.
- **Body image** - How to maintain a positive body image and consider what influences people's self- image.

If you have any questions, or wish to learn more about the PHSE or RSE curriculum, including specifics of the topics, please contact the school via admin@cchs.school

Yours sincerely

Mrs F Cook
Assistant Headteacher