



Our reference: FCOLET6/lh

16th December 2021

Dear Parent/Carer

I am pleased to inform you that in addition to our PROUD curriculum, we are continuing to put in place a floating lesson to deliver Relationships, Sex and Health Education (RSHE) 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 Relationships, Sex and Health Education (RSHE) within school.

Each year group has a bespoke curriculum and is another opportunity for students to acquire information, develop skills and positive beliefs, values and attitudes with regards to healthy relationships and sex. The lessons are taught at an age appropriate level, in a safe environment where students can ask questions, and ultimately be equipped to live safe, fulfilled and healthy lives.

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

This term, students in Year 7 will focus on body image and will cover the following learning objectives as part of their curriculum:

- Understand individuals' rights, responsibilities and opportunities online, and that the same expectations of behaviour apply in all contexts.
- Know about online risks, including that material shared with another person has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
- Learn that individuals should not provide material to others that they would not want shared further and not to share personal material which they receive.
- Understand what to do and where to get support to report material or manage issues online.

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

- Young carers awareness - students will learn the challenges faced by young carers and the impact, both positive and negative, of being a young carer.
- Screen time - identify the consequences of too much screen time and the ways this can impact upon our mental and physical health.

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- Critical thinking - students will learn the ability to reasoning and logic to unfamiliar ideas, opinions and situations.
- Careers - students will learn the knowledge and skills they need to begin navigating their way successfully through career choices and changes.

If you have any questions, or wish to learn more about the PHSE or RSHE curriculum, including specifics of the topics, or copies of any of the teaching resources to be used, please contact the school via admin@cchs.school

Yours sincerely

Fiona Cook

Assistant Head teacher