



# Clacton County High School

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Higher Expectations, Raising Aspirations, Transforming Lives

Our reference: FCOLET15/LH

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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 RSHE 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 pupils at the school and of society, and will endeavour to prepare pupils for the opportunities, responsibilities and experiences of later life.

**This term, students in Year 10 will focus on understanding 'Unhealthy Relationships' and will cover the following learning objectives as part of their curriculum:**

- That some types of behaviour within relationships are criminal, including violent behaviour and coercive control
- How to judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships)
- How to seek help or advice, including reporting concerns about others if needed

To support this session, students will be discussing and watching the BBC dramatisation 'Is this coercive control?' to explore the issues and support students with their knowledge and understanding in a safe and controlled environment. The BBC dramatisation is aimed at students who are 15 or over, and may contain content that some students might find upsetting. The link to the dramatisation and its content can be found here: ['Is this Coercive Control?' BBC Teach](#). If you have any concerns and would like to discuss this session, or this dramatisation in more detail, please do not hesitate to contact me via the main school reception.

**This term the topics that will be covered in Year 10 for PROUD are:**

- Staying Safe - Gambling awareness (delivered by an external speaker)
- Staying Safe - Knowledge of, and laws relating to forced marriage, and how this can affect current and future relationships (delivered by an external speaker)
- Understanding the Law - Hate Crime and Racism (delivered by an external speaker)
- Staying Safe - Tendring Youth Strategy Group together with Essex Youth Service have commissioned N-Act to perform their drama production 'Friend' based around knife crime and gang culture. This production, alongside an opportunity for student Q&A will be shown to all Year 10 students. If you have any questions, or wish to learn more about the PHSE or RSHE curriculum, including specifics of the topics, please contact me at the school via [admin@cchs.school](mailto:admin@cchs.school)

Yours sincerely

Fiona Cook  
Assistant Headteacher