

2nd July 2018

Dear 1st Form Parent

As we come to the end of an academic year, it seemed a good opportunity to give you some information about the PSHE programme that your son or daughter has experienced throughout their first form year.

They are taught in groups of approximately twenty pupils divided in the year group alphabetically and we run a rotation of three/four lessons with five different teachers throughout the year. Each teacher focuses upon one of the following areas:

- 1) Health & Wellbeing with a particular focus on personal strengths, self-confidence, self-esteem and dealing with changing circumstances.
- 2) Relationships with a particular focus upon changes experienced during puberty and emotions that may arise in friendships and how to deal with them. Where to seek advice and help for dealing with relationship issues including peer pressure.
- 3) Relationships with a particular focus upon communication skills, assertiveness, receiving constructive feedback and bullying behaviours.
- 4) Health & Wellbeing with a particular focus upon reducing risk, personal safety especially accident prevention, road safety, getting help in emergency and risky situations and how to handle peer pressure.
- 5) Study Skills with a particular focus of different styles of learning, personal review and planning, developing organisational skills, revision skills, essay planning and exam question decoding.

They have also had some extra sessions on E-Safety during DL lessons.

We hope your son/daughter has enjoyed their PSHE lessons. You may find the following links useful as conversation starters at home if you wish to discuss any issues related to the content they cover in class.

Kind regards

Heather Garland and Anne Bantin

(Heads of PSHE)

Bullying: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

Puberty: <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

E-Safety: <https://www.thinkuknow.co.uk/>