

22nd September 2023

Dear Parents and Carers,

As a part of your child's education at Newhouse Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that at various points throughout the year, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information, and exploring issues and values. RSE is not about the promotion of sexual activity. RSE lessons in year 2023 and 2024 will include teaching about healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and the governing body. Lessons are age appropriate. All PSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

If you would like to know more about what your child will learn, please use the following links to both our Relationships and Sex Education policy and this year's Our People curriculum – [Policy link](#). Additionally, you can contact me via email at mcmahonm@newhouseacademy.co.uk and a meeting or telephone appointment can be arranged.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'McMahon'.

Miss McMahon

(Subject lead for Our People Curriculum (PSHE education))

OUR PEOPLE CURRICULUM (PSHE & RSE LONG TERM PLAN)

Term 1 –

Year group	Half term 1	Half term 2
Year 7	Health & wellbeing (transition and personal safety)	Developing skills and aspirations
Year 8	Drugs, alcohol and personal safety	Community and careers
Year 9	Peer influence, substance use and gangs	Setting goals
Year 10	Mental health	Financial decision making
Year 11	Next steps	Building or the future

Term 2 –

Year group	Half term 3	Half term 4
Year 7	Diversity	Health & puberty
Year 8	Discrimination	Emotional wellbeing
Year 9	Respectful and intimate relationships	Healthy lifestyles
Year 10	Healthy relationships	Exploring influence
Year 11	Communication in relationships	Families & independence

Term 3 –

Year group	Half term 5	Half term 6
Year 7	Building relationships	Financial decision making
Year 8	Identity & relationships	Digital literacy
Year 9	Intimate relationships	Employability skills
Year 10	Addressing extremism and radicalisation	Work experience
Year 11	Exam preparation & revision techniques	

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