Dear Parent/Carer,

PSHCE is studied by all year groups on a weekly or fortnightly basis. Personal, Social, Health, Citizenship and Economic (PSHCE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain.

This year the PSHCE programme has been divided into three core themes:

**Autumn Term: Health & Wellbeing**

**Spring Term: Relationships**

**Summer Term: Living in the Wider World**

You will be updated each half term with the lesson topics your daughter will be studying.

The lessons that your daughter has been studying this half term are below:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week** | **Year 7** | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| **Theme 1: Health & Wellbeing** |
| 7.9.20 | Returning to school after covid | Returning to school after covid | Returning to school after covid | Returning to school after covid | Returning to school after covid |
| 14.9.20 | Who am I? | Body Image |  |  | Identity and diversity |
| 21.9.20 | Praising you, Praising me | Social Media and self-esteem | Self-Esteem | Social Media and self-esteem | Anxiety |
| 28.9.20 | Resilience | Learning to relax |  |  | Depression |
| 5.10.20 | Mental health introduction | Self-awareness | Growth mindset | Social Anxiety | Positivity |
| 12.10.20 | Who to ask for help/advice | E-safety |  |  | Perseverance and procrastination |
| 19.10.20 | E-safety | E-safety | E-safety | Screen time | The importance of sleep |

Yours sincerely,

Miss H. Allan

PSHCE Co-ordinator