

September 2023



Dear Parents/Carers

HEADTEACHER:

Ms K. Littledyke | BA (Hons), MA, NPQH

Personal Development in Year 7

Welcome to you all, I look forward to meeting you all in due course, in the meantime I wanted to write to you with regards to our PSHE (Personal, social and health education) Curriculum at Saltash. I am sure that you are aware that RSHE (Relationships, sex and health educations) has become compulsory in all schools as of April 2021. We were already teaching many of the topics that have become part of the compulsory content but have adjusted our curriculum and increased delivery time to ensure that we are covering all of the necessary content preparing our students to be well rounded individuals prepared to embrace 21st Century life.

PSHE (Personal, Social & Health Education) encompasses Careers Education & Guidance and Citizenship and we have 3 Key Concept areas that we teach throughout all year groups within our school:

- ✓ Living in the Wider world
- ✓ Health and well being
- ✓ Relationships

We study a broad range of topics across the year covering each of the three aspects of the subject, please see the attached programme for topic areas covered in Year 7, all students have one hour of PSHE a week in years 7-9, taught as part of their timetable by a member of my small specialist team ensuring that all content covered is well researched and delivered in an age appropriate way ensuring our students have the opportunity to build on our school TEAM values. In addition to teachers delivering these lessons, there will also be guest speakers delivering sessions and lessons. As a parent you have the right to withdraw your son/daughter from the sex education elements of the Relationship & Sex education PSHE Curriculum but not the Science Curriculum, please email lgriffin@saltashcloud.net should you require any further information about the above.

The students are also encouraged to take an increasingly active role in both school and community-based activities, something we refer to as Active Citizenship. They are all given the opportunity to take part in the Children's University passport scheme, more details to follow.

If you have any questions or PSHE queries at all, please don't hesitate to contact me directly on 01752-843715 ext 235 or email me at: egue@saltashcloud.net

Yours faithfully



Mrs E Gue
Head of PSHE and Career



Health and well being	Yellow
Living in the Wider World	Green
Relationships	Red

WEEK	YEAR 7
1	Introduction & Values-What is PD
2	Building relationships.
3	Being an aspirational learner.
4	The importance of self-esteem.
5	Relaxation and mindfulness.
6	The Importance of Empathy and kindness.
7	The Brain and it's responses-Flop, Freeze, Fight or Flight.
8	What do we mean by a healthy lifestyle? Health Introduction.
9	How can I keep healthy? Food groups, diet, and nutrition.
10	Eating responsibly-food labels and hazards.
11	Healthy living-exercise and keeping active.
12	Energy drinks and how they affect the body.
13	What are drugs.
14	Vaping.
	CHRISTMAS HOLIDAY'S
15	How can we budget our money.
16	What are savings, loans, and interest-Barclays Bank.
17	What are the different types of financial transactions.
18	What is the difference between wants and needs.
19	Online profile.
20	Importance of Community.
21	Introduction to Careers -Six Principles.
22	Careers-The Importance of being the best you can be.
23	Careers-What jobs exist and what is the difference between school and the world of work.
24	Careers Booklet 3-Personality Careers.
25	Careers-employability Skills.
26	British Transport Police-Importance of personal safety.
	EASTER HOLIDAY'S
27	Good friendships.
28	Respectful relationships.
29	Healthy relationships.
30	Love and relationships-falling in love and dealing with new feelings.
31	Consent and boundaries.
32	Pressure and Influence.
33	Anti-Bullying.
34	What is cyberbullying? Do people bully online?
35	Puberty.
36	Puberty and Hygiene.
37	Being Positive.