

September 2023



Dear Parents/Carers

HEADTEACHER:

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

Personal Development in Year 8

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 Education) became compulsory in all schools in 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. Students have one lesson of PSHE per week in Year 8 and in addition cover PSHE content during tutor times through our reading programme, assemblies and PSHE sessions.

PSHE (Personal, Social & Health Education) encompasses Careers Education & Guidance and Citizenship and we have 3 Key concepts 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 8. All students have one hour of PSHE a week in years 7-9, taught by a member of a specialist team ensuring that all content is well researched and delivered in an age appropriate way, allowing our students the opportunity to build on our school TEAM values. As a parent you have the right to withdraw your child 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. Including taking on school based opportunities as well as attending the clubs that we provide, something we refer to as Active Citizenship. Year 8 are still able to take part in the Children University Passport scheme, I will be in touch about this in the near future.

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



Saltash Community School PSHE programme
Year 8 Personal Development Concepts

Health and well being	Yellow
Living in the Wider World	Green
Relationships	Red
Introduction & Values	
Key Skills.	
Introduction to the Real game-reality of employment.	
Real Game-Communities 1.	
Real Game-Communities 2.	
Real Game-My Dreams and Aspirations.	
Labour Market Information.	
Real Game-Occupations and Jobs.	
Real Game-Who am I? Who are you? Business cards and being entrepreneurs.	
Finance-Wages and Budgeting.	
Finance-employment and financial management.	
Finance-Money and Values.	
Real game- So little time, so much to do.	
Careers Interest and Job ideas.	
Health and well-being.	
Cancer awareness.	
First Aid-basic including CPR-How can we look after ourselves and others in an emergency?	
Drugs-Illegal drugs.	
Drugs- What is vaping and is this as bad as smoking.	
Drugs-Alcohol.	
Mental Health.	
Mental Health-Understanding anxiety and depression.	
Positive Body Image (Brook).	
Child abuse.	
Types of bullying.	
Stress management.	
Introduction Relationships and sex education.	
Healthy Relationships.	
Dealing with Conflict.	
Sexual Orientation.	
Consent and The Law.	
What is Love.	
Online behaviours	
Brook visit either virtually or on-line.	
What is sexting and why is it so risky to send personal images?	
Grooming-Boys & Girls.	
Child exploitation online.	
Families.	
Contraception Introduction.	