

WOODHOUSE GROVE SCHOOL

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Dear Parent,

I write to inform you about our Personal, Social, Health and Citizenship Education (PSHCE) and Spiritual, Moral, Social and Cultural Developments (SMSC) programme for all Year 7 students. Pupils will follow a series of lessons based around the three core themes recommended:

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
What do we mean by a healthy lifestyle? Health introduction.	Racism	Keeping good friendships and avoiding toxic ones.
Mindfulness	The importance of self-esteem	Family relationships
First Aid	How can we budget our money? HSBC talk	Love and relationships – falling in love and dealing with new feelings.
Feelings and Emotions	How can I create a personal budgeting plan?	Bullying or banter?
Emotional Literacy	What are savings, loans and interest? HSBC talk	What is cyberbullying?
What's the big deal about energy drinks?	Animal Rights	How do we keep safe and positive relationships (on and off-line)?
The dangers of cigarettes and alcohol.	Why we have Laws.	What is my personal identity?
Puberty – what happens?	Safer Internet	What is sexual harassment?
Periods/Menopause – what happens?	What are wants and needs?	Consent boundaries
Anger management	Human Rights and Childrens Rights	
Introduction to mental health issues.	What is stereotyping?	
Smashed Presentation – under-age drinking	How can we face challenges.	

These topics all provide opportunities for the pupil to grow and develop as individuals. They learn to work and discuss in groups and as a whole class unit thereby listening to other people's opinions and learning to work together.

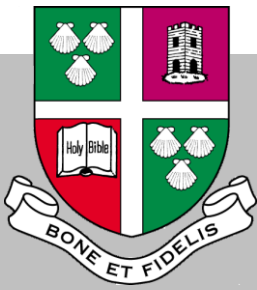
As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, has formed part of the National Curriculum. As part of our school's wider PSHCE programme, your child will soon receive age-appropriate lessons on relationships, sexual health and personal safety. We are still waiting for the Government to send out new guidelines but please be re-assured we work tirelessly to make sure the content is suitable for our students. The purpose of our curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to

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I am Grovian.



Woodhouse Grove School is part of the Methodist Independent Schools Trust.
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encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

You can access all the RSE lesson content and the RSE Policy via Firefly

You do have a right to withdraw your child from **sex** education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before your child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school must make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

There is **no** right to withdraw from Relationships Education at secondary level and we believe the content of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

Our PSHCE and SMSC programme along with our shared values for Methodist education and broad curriculum compliment and reinforce our aims to provide students with a wider knowledge and understanding of many issues. We endeavour to ensure each individual develops the ability to deal with a variety of situations, moral and social dilemmas, develop skills, acquire knowledge and make informed choices and decisions so they grow into responsible citizens.

If you have any questions about the course, please do not hesitate to contact me.

Yours sincerely

Mrs R Vernon
Head of Wellbeing

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