



# WOODHOUSE GROVE SCHOOL

woodhousegrove.co.uk

Dear Parent,

I write to inform you about our Personal, Social, Health and Economic Education (PSHEE) and Spiritual, Moral, Social and Cultural Developments (SMSC) programme for all Year 8 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)
Personal development and target setting – how can I improve my skills?	Internet Safety – what is online grooming	How do we have safe sex and use different forms of contraception?
How can self-confidence boost our achievement?	How can we care for our environment?	How do we keep good sexual health?
How can I manage my behaviour to achieve targets and goals?	Careers + development focus. How can we develop our communication skills?	What is consent and why is it important?
Why do teenage parents have it so tough?	Careers + development focus - How can we develop our teamwork skills?	What is sexting and why is it so risky to send personal images?
Stereotyping, discrimination and prejudice. Disability focus	How can we become entrepreneurs?	How can we prevent radicalisation?
How can we look after others and ourselves in an emergency? Personal safety and first aid.	LGBT+ focus: Homophobia	Who are the extremist groups and why are they so dangerous?
What is vaping?	Finance – what is income and expenditure?	Where does extremism come from?
What is mindfulness? How can this aid positive mental health.	Finance – budgeting and saving	How do religious extremists attract converts?
Emotional literacy – why is self-awareness in our actions towards others so important?	Careers + Finance - What are National Insurance and Income tax? Reading payslips Why do we pay tax?	Islamophobia?
Cancer Awareness.	Stereotyping, discrimination and prejudice.	Stereotyping, discrimination and prejudice. Religion focus.

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*I am Grovian.*



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Why do people Self Harm?	Teens and the media focus.	How can British Values teach us tolerance and respect?
		Domestic conflict – why do people run away from home?

These topics all provide opportunities for the student 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.

Woodhouse Grove School is determined through its key aims and objectives in helping pupils to fulfil their potential and “be the best that they can be”, and therefore recognises the important role that careers education, information, advice and guidance plays in this, and is therefore committed to providing every pupil with a thorough programme in these areas. During KS3 Pupils will explore and establish their suitability to careers and understand the KS4 subjects that are important to them. Pupils will learn to understand the factors important to making informed decisions including learning style and career aspirations. Pupils will be given the opportunity to build a picture of their career aspirations and subject choices.

This year your child will also be learning about mindfulness as part of the PSHEE curriculum called **.b** (pronounced ‘dot-be’). You may have heard of mindfulness or read some of the recent media coverage about it. At its most simple **.b** is an awareness-raising exercise to give all students a taste of mindfulness so that they know about it and can return to it later in life if they choose to do so.

**.b** aims to help young people:

- To improve their **concentration and focus**, in classes, in exams and tests, on the sports field, when playing games, when paying attention and listening to others.
- To **fulfil their potential** and pursue their own goals e.g. be more creative, more relaxed, both academically and personally.
- To experience **greater well-being** (e.g. feel happier, calmer, more fulfilled).
- To work with **difficult mental states** such as anxious thoughts and low moods.
- To cope with the **everyday stresses** and strains of adolescent life such as exams, relationships, sleep problems, family issues.

Our PSHEE and SMSC programme along with our shared values for Methodist education and broad curriculum compliment and reinforce our aims to provide pupils with a wider knowledge and understanding of many issues. We promote 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