



Parents and Carers of Year 7-11

As a part of your child's education at St Augustine's we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) curriculum, including the statutory RSE (Relationships and Sex Education) element.

PSHE Consultation 2022

Recently, we asked for pupil, parental/carer and staff input, to continue to strive towards developing and improving our PSHE curriculum. From this consultation we have finalised a 2022-23 curriculum we are proud of which incorporates our beliefs as a Catholic school but also sets our pupils up for life in the wider world.

PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. We would like to say a huge thank you for your valuable contributions, in total we had 559 parental/carer responses and 408 pupil responses. Within your responses we received some extremely positive feedback but also some valuable contributions as to what additional topics both parents and pupils would like to see further embedded into our curriculum.

The top three topic areas for pupil/parent/carer are identified as:

Pupil	Parent/Carer
Mental health (including resilience and mindfulness)	Mental health (including resilience and mindfulness)
Financial aspects (including cost of living, budgets etc)	Financial aspects (including cost of living, budgets etc)
LGBTQ+	Bullying

Please note all key topics above are planned within the curriculum, however moving forward we will endeavour to further address all the above topics within our PSHE activities, including PSHE lessons, form time, assemblies and themed weeks.

PSHE Resources

Our delivery in 2022-23 will continue to access a combination and blend of resources from Ten:Ten, The PSHE Association, National Online Safety and other quality assured providers/charities to complement the provision.



You can log on to the parent portal for more information on our PSHE/RSE topics that are delivered through our Ten:Ten Live Life to the Full Programme.:

Username: st-augustine-bb7

Password: lemon-drizzle-cake

Parental Portal: <https://www.tentenresources.co.uk/parent-portal/>

Right to withdraw

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 will make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. We are sure you recognise it is difficult to teach sex education as a stand-alone topic away from the relationships curriculum and puberty in health education. Therefore, this could lead to pupils having to be withdrawn from other parts of lessons. Should you wish to remove your child, you should contact the Headteacher, Mr Wright.

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.

Autumn Term 1 Overview

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below for Autumn term 1. Moving forward the overview for each term will be available via the school's website.

https://www.sarchs.com/files/PSHE_Curriculum_Overview_Template.pdf.

Year 7- 1 lesson per fortnight

Year Group	Core Theme	Intent
7	Transition: <ul style="list-style-type: none">• Introduction to PSHE(Lesson 1)• Transition• Dealing with change• Building Connections	End of Term 1 Intent: Pupils will explore the transition to secondary school, identifying some of the challenges that can arise and where to get support if needed. Students will explore the nature of both expected and unexpected change, identify some of the challenges that can arise in managing changing situations and relationships. Finally, students will explore the meaning of loneliness and connection and learn actions they can take to build connections with themselves, with friends and family and with their wider community.

Year 8- 1 lesson per fortnight

Year Group	Core Theme	Intent
8	Drugs & alcohol: <ul style="list-style-type: none">• Introduction to PSHE (Lesson 1)• Caffeine Consumption• Tobacco – Risks & influences• Alcohol and risk	End of Term 1 Intent: This a series of three lessons, providing age-appropriate knowledge about substance use and the understanding and skills to manage influences young people experience in relation to tobacco, alcohol and other drugs. The first lesson introduces concepts of substance use through a focus on the risks and effects of caffeine consumption. The second lesson focuses on specific risks relating to tobacco and nicotine product use and strategies to manage influences regarding use of these substances. The final lesson focuses on specific risks relating to alcohol use and challenges some of the perceived social norms about drinking alcohol.

Year 9 – 2 lessons per fortnight

Year Group	Core Theme	Intent
9	Peer influences, substance use and gangs: <ul style="list-style-type: none">• Introduction to PSHE (Lesson 1)• Introduction to gangs• Risks of a gang• Leaving a gang	End of Term 1 Intent: Lesson 2 - This lesson will explore the distinction between healthy relationships and those that exhibit unhealthy characteristics which may signify they are part of gang activity. It will also explore why people join a gang to dispel the myths associated with this. Lesson 3 -This lesson explores the risks and consequences of gang related behaviours. It also considers the pressures and manipulation techniques used on young people to join a gang and how they can resist these. Lesson 4 - This lesson concludes learning about gangs by exploring exit strategies and support systems for

<ul style="list-style-type: none"> • Knife crime • Exploring attitudes/Drugs the Law and Managing Risk • Drugs and their effects- Alcohol, Cannabis and Managing Influence 	<p>those people who have concerns about gang activity. Lesson 5 -This lesson been designed to help reduce knife crime by equipping teachers to challenge the myths and communicate the realities of carrying a knife among young people. The lesson plans use the Home Office’s #knifefree campaign as stimulus for discussion. Whilst it is important to raise the issue of knife crime with some communities, it is also important to emphasise that the vast majority of young people in this age range (99% of 10 - 29 year olds) do not carry a knife and this campaign focuses on celebrating those young people who, through their experiences, have chosen to live knife free. Lesson 6 -This is the first of two lessons for year 9 focusing on the risks and consequences of drug use. This lesson will allow you to gain a clear picture of students’ current understanding of drugs, explores attitudes towards their use and clarifies perceptions regarding the prevalence of drug use. The second part of the lesson focuses on the risks and consequences of drug use, teaching students about the law in relation to drugs, the legal consequences of possessing or supplying drugs and how police officers enforce these laws in practice. Lesson 7- This is the final lesson focusing on the risks and consequences of drug use. This lesson explores the effects of different patterns of alcohol use, in addition to the health risks associated with alcohol and cannabis use.</p>
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Year 10 – 1 lesson per fortnight

Year Group	Core Theme	Intent
10	<p>Babies:</p> <ul style="list-style-type: none"> • Introduction to PSHE (Lesson 1) • Cinema in Education – Babies • Responding to an unexpected pregnancy • Safe sex or Save Sex 	<p>End of Term 1 Intent: Babies covers a wide range of themes dealing with teenage pregnancy, abortion, parenthood, relationships, marriage, family life, love and responsibility. It enables young people to understand delicate issues with their hearts and minds.</p>

***all PSHE lessons are subject to change, this may be adapted at short notice in order to address a current school, local or national issue.**

Year 11 study lessons (1 lesson per fortnight) will focus on college, next steps for Autumn term 1.

As a school community, we are committed to working in partnership with parents/carers and if you would like to find out more or discuss any concerns, we would urge you to contact Ms Sharp.

Yours sincerely,

MS K SHARP

PSHE Coordinator