



18th November 2019

Dear Parent,

**Personal, Social, Health & Careers Education (PSHCE) Day 2
Wednesday 20th November 2019**

As you are aware, we deliver our Personal, Social, Health and Careers Education (which includes sex and relationships education) on five collapsed curriculum days throughout the year, when the normal timetable is suspended. We follow closely the national curriculum on these days, which includes a number of statutory (compulsory for us as a school) elements.

The topics we cover on these days include areas which will genuinely make a difference to the life choices your children make. We hope that this will mean that they will make positive, well informed choices which will lead to them becoming happy and well-rounded young people with high aspirations for themselves and others.

We take our responsibility to educate our young people in a much broader sense (more than simply passing exams) very seriously. As these days have so much vital information condensed into them, students who are absent will miss important information that could impact on future life choices which is vital to their wider education and wellbeing.

As such, any child who is absent on a PSHCE day will need to catch this work up in four, one hour sessions after school when they return.

The second collapsed curriculum day of this academic year will be on Wednesday 20th November. On this day:

- Year 7 will be looking at the issue of bullying, including the well-publicised concept of online bullying, as well as the school's response to bullying and bullies. Students will also explore different barriers to learning that many of our young people face, so that they can better understand what it might be like for students who are on the autistic spectrum, or who have dyslexia or attention deficit, hyperactivity disorder (ADHD) and Obsessive Compulsive Disorder (OCD).
- Year 8 will learn about the dangers of drugs including sessions in relation to Ecstasy (MDMA), Spice, Cocaine, Cannabis, NOS and prescription drugs. The Amy Winehouse Foundation will be attending to discuss with students their experiences of addiction. Students will also take part in a session in relation to the Law, in connection with the above topics.

Outstanding education at the heart of the community

- Year 9 will be looking at issues in relation to social media such as catfishing. They will also think about relationships, boyfriends and girlfriends and will investigate the difficult topics of consent and sexual health.
- Year 10 will look into a range of issues that build upon work done previously on relationships, including parenting, teenage pregnancy, domestic violence and will consider how actions have consequences. Students will also receive a presentation from a guest speaker upon social media and self-esteem, sexting and the law.
- Year 11 will concentrate their efforts upon preparing a revision timetable and learn about different revision strategies. They will be given guidelines from each subject area about what and how to revise for the impending practice examinations. Equally, they will be visited by a speaker from 'Breathe Education' who will discuss ways of managing stress and anxiety during examination periods. Finally, Year 11 will get to experience University courses through UCLAN delivering sessions upon Media Perception and Gaming.

Students should report to their tutor group at the beginning of the day to receive their personalised programme.

If you have any questions, please do not hesitate to contact myself.

Yours sincerely,

C Barlow

Mrs C Barlow

Assistant Headteacher - Progress and Intervention (PSHCE /Careers Lead)