



CANNOCK CHASE HIGH SCHOOL

A C H I E V E M E N T F O R A L L

Dear Parents and Carers,

As a part of your child's educational experience at Cannock Chase High School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. The programme also includes Social, Moral, Spiritual and Cultural (SMSC) development and Relationships and Sex Education (RSE).

The content will be delivered according to government policy and informed by accredited national associations for PSHE. Students will receive one full lesson per week and the plan for the year for your child(ren) is detailed below:

Autumn Term 1 – Healthy Relationships
Transition concerns
Friendships
Bullying
Bullying -Bystander
Against Discrimination
Romantic Relationships
Family Relationships
Pressure and Influence

Autumn Term 2 – Physical and Mental Wellbeing- Puberty
Ground rules and watch film
Physical Changes
Hygiene
The big issues for boys and girls
Emotions
Advice and Support

Spring Term 1 – Being Safe Online
How much is too much?
Social Media- Reputation
Fake News and Trolling
Cyber Bullying
Dangers of the net
Online Grooming
Online Sexual Harassment

Spring Term 2 – First Aid
Basic life support 1
Basic life support 2
Choking
Bleeding
Allergies
Asthma

Summer Term 1 – British Values
British Values
Democracy

The Rule of Law
Individual liberty
Extremism
Challenge Racism

Summer Term 2 – Your future
Why do people work
Employability Skills
The Cost of Living
How to get a job
Saving and Managing Money
Decision Making

The new government statutory requirements have made the teaching of Relationship and Sex Education compulsory in primary and secondary schools across the country. Sex education within the national curriculum of Science (including teaching about reproduction in humans) is also compulsory. However, parents and carers have the right to withdraw their child from aspects of sex education within PSHE up until 3 terms prior to their child's 16th birthday. If you should wish to exercise this right, please do get in touch via email (J.Rowlinson@cannockchasehigh.com) as soon as possible so we are able to discuss the options available.

RSE is part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for students to ask questions in order to prepare them for relationships in the modern world.

As a school community, we are committed to working in partnership with parents. Our PSHE and RSE policies are available on the school [website](#) and constructive feedback is encouraged. If you would like to find out more or discuss any concerns, please do get in touch via the email below.

Yours sincerely,

Mrs J Rowlinson

Lead Teacher of PSHE and Character
Education

Email: J.Rowlinson@cannockchasehigh.com