



# 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:

<b>Autumn Term 1 – Handling Complex Emotions</b>
Self Esteem
Resilience
Anger Management
Dealing with change
Managing Grief
Mental Health
Child Abuse

<b>Autumn Term 2 – Romantic and Sexual Relationships</b>
Love
Sexual Relationships and the law
Marriage
Parenthood
What is expected of us?
Lasting Relationships
Trust and consent

<b>Spring Term 1 – Crime</b>
Crime and Young People
Anti-social behaviour
Knife Crime
County Lines
Vandalism
Gambling
Public Sexual Harassment

<b>Spring Term 2 – Human Rights</b>
Human Rights
Human Rights in the UK
Homophobic Bullying
Stop the Hate
Forced Marriage

<b>Summer Term 1 – Healthy Bodies</b>
Healthy Eating
Exercise
Sleep

Dental Health
Vaping
Vaccinations

<b>Summer Term 2 – Safety</b>
Road Safety
Run Hide Tell
Taking Risks
Personal Safety

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 16<sup>th</sup> birthday. If you should wish to exercise this right, please do get in touch via email ([J.Rowlinson@cannockchase-high.staffs.sch.uk](mailto:J.Rowlinson@cannockchase-high.staffs.sch.uk)) 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

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