



# 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 – Mental Wellbeing</b>
Balancing act
Mental health conditions
Digital Resilience
Unhealthy coping strategies
Healthy coping strategies
First aid box
Invisible Film

<b>Autumn Term 2 – Intimate and Sexual Relationships (RSE)</b>
Tell me more- video
Intimacy
Ready to have Sex?
Contraception- Condoms
STI's
Myths vs Facts

<b>Spring Term 1 – Careers</b>
Proud to be me
Job Skills
Career Types
Working life
Employment rights
Routes to Success
Goals and Action Plans

<b>Spring Term 2 – Teenage Parties</b>
Time to Party
Smoking
Alcohol
Consent
Drugs
Aftermath

<b>Summer Term 1 – Gender stereotypes and discrimination</b>
Breaking down Stereotypes
Women's Rights
Sexual Harassment

Being a man in today's world
Toxic Masculinity
FGM

<b>Summer Term 2 – Body Image</b>
Eating Disorders
Appearance Ideals
Media Messages
Confronting Comparisons
Be the change

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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