



Dear Parent/Carer

PSHE DROP DOWN DAY

As part of our PSHE curriculum, Friday 12 October will be a PSHE day for all students. This means a student's timetable will be replaced with a PSHE curriculum during their normal school hours as follows:

Years 7: Relationships and Well-being

Students will participate in a range of activities that explore the concept of healthy relationships and self-awareness including recognising their own strengths and weaknesses.

Year 8: Citizenship

Students will be exploring current affairs within the wider world and taking part in a number of different cross-curricular lessons including maths, English and Physical Education. **Please can you ensure your son/daughter has their PE kit.**

Year 9: Equality

They will have lessons surrounding the topic of equality including transgender, xenophobia and sexism.

Year 10: RSE (relationship and sex education) and Drug education

Students will complete a carousel of 5x1 hour lessons focusing on contraception, sexually transmitted infections, positive relationships, and teenage pregnancy. All year 10 students will automatically follow this programme, if you are happy for your child to take part in the day, you do not need to do anything. If, however, you want your child to opt out of RSE then please contact me on francesca.ocallaghan@bexhillacademy.org.

Year 11- Careers

Students will attend a careers fair where a number of different colleges and businesses will be present. They will also be given help on writing a personal statement and UCAS progress.

If you have any queries regarding this day, please do not hesitate to contact me.

Yours faithfully

Miss F O'Callaghan
Head of PSHE