

23rd February 2023

Dear Parents and Carers

RE: PSHE Lessons for Term 4

As a part of your child’s education at Bexhill Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Trust Board.

I am writing to let you know the topics your child will be taking part in during Term 4 for their PSHE lessons.

Year 7	Year 8	Year 9	Year 10	Year 11
<p><u>Relationships and Sex Education</u></p> <ol style="list-style-type: none"> Building Body Confidence and Self-Esteem Healthy relationships Consent Safer relationships online <p><u>Living in the wider world</u></p> <ol style="list-style-type: none"> What influences my decisions? How can I make informed decisions? Why do my decisions matter? Saving borrowing and protecting my money 	<p><u>Mental health and well-being</u></p> <ol style="list-style-type: none"> Preventing involvement in serious crime Making choices about diet and exercise Maintaining physical health Self-care activities Sleep Body Image 	<p><u>Living in the wider world</u></p> <ol style="list-style-type: none"> What are GCSE’S? Options Digital footprint Employment and financial management Household budget 	<p><u>Living in the wider world</u></p> <ol style="list-style-type: none"> Work experience Payday loans Enterprise Skills 	<p><u>Relationship sex education</u></p> <p>Different types of relationships and parental responsibilities.</p> <ol style="list-style-type: none"> Fertility and routes to parenthood Pregnancy outcomes Pregnancy choices

Please visit the school’s website for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment and is underpinned by our academy ethos and values.

If you would like to find out more or to discuss your right to withdraw your child from the Relationships and Sex Education element of PSHE, please read page 11 of the following document and email me directly to discuss the options available for your child.

<https://www.bexhillacademy.org/media/documents/RSHE%20Policy%20final%202022%20v2.pdf>

Yours sincerely

A handwritten signature in black ink, appearing to read 'Alicia Burdett', written in a cursive style.

Miss Alicia Burdett (PSHE lead)