

06 November 2024

## Year 10 PSHE

Dear Parents/Carers,

As a part of your child's education at Lacon Childe School, we promote personal wellbeing and development through a comprehensive personal, social health and economic education programme. Our PSHE education is the curriculum subject that gives students the knowledge, understanding, attitudes, and practical skills to live safe, healthy, productive lives, and meet their full potential.

The PSHE curriculum at Lacon Childe School is based on statutory requirements laid out by the Government which include content on Relationships and Sex Education (RSE). We are also mindful in the development of our curriculum that we need to react to the needs of our students and therefore we adapt the curriculum to focus on the needs of the cohort and the school community, continually monitoring and reviewing what is taught. We use resources developed collaboratively by specialist teachers within the school as well as utilising professional agencies, such as the NSPCC, with expertise in key areas. Our RSE curriculum is covered by the PSHE association, and the relevant RSE lessons are available for parents and carers to view on the school website.

The box below shows what students are learning during this term.

***How do I manage my physical and mental health in the last two years of secondary school?***

- Can I have empathy for those with mental health conditions and recognise when I am feeling anxious myself?
- Do I understand the impact of alcohol and drugs on the human body?
- Can I understand the impact of grief and loss on people's lives?

***How do I stay safe in my romantic relationships?***

- Do I recognise an unhealthy relationship?
- Can I understand the negative impact that pornography has on my romantic relationships?
- How do I manage my feelings around romance and sex?
- Do I understand the importance and value of different relationships?

***Can I consider life beyond school?***

- Do I understand how my data is used in the real world?
- Am I prepared for Year 12? What will I study and where?
- Do I understand my rights and responsibilities in the workplace?
- Do I understand the law around sexual harassment and discrimination?

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly. All PSHE teaching takes place in a safe learning environment and is underpinned by our Lacon Childe ethos and values. All topics are taught in an age appropriate and sensitive manner with the students learning how to accept the views of others and listen to each other appropriately.

It is important that I again outline to you that in 2020 statutory changes were made to the requirements for Relationships and Sex Education, as well as the Health Education curriculum. We are writing to let you know that, over the next year, your child's class will be taking part in lessons which will focus on the Relationships and Sex Education (RSE) aspect of this programme. As you can see, this happens this term with content on valuing diversity and puberty. Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

Under Government guidelines, parents/carers are not able to withdraw their child from any aspect of relationships or health education. You are, however, able to withdraw students from any or all aspects of sex education, other than those which are part of the statutory science curriculum.

On this important aspect of sex education, if you wish to withdraw your child from this aspect of the curriculum, please write an email and send via the school office for the attention of Ms. Guise, You will be invited to have a discussion with Ms. Guise and myself, PSHE Coordinator, as per Government guidelines.

Please see the school website and pages for further advice and support.

If you have any questions or concerns, please contact me on [polly.shepherd@laconchilleschool.co.uk](mailto:polly.shepherd@laconchilleschool.co.uk).

Kind regards,

Ms Shepherd  
**PSHE Co-ordinator**

**Love Lane, Cleobury Mortimer, Shropshire DY14 8PE**

**Tel: (01299) 270312**

**E-mail: [admin@laconchilleschool.co.uk](mailto:admin@laconchilleschool.co.uk)**

**[www.lacon-childe.org.uk](http://www.lacon-childe.org.uk)**

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