

## PSHRE newsletter

Welcome to the first PSHRE newsletter of his academic year, where each half term we will keep you updated with what each year group will be covering in PSHRE lessons, along with any guest speakers who will be coming in to speak to our students. We hope that by sharing this information with you, it will give you the opportunity to build upon these topics at home and engage in conversation about what students have learnt in their PSHRE lessons. I have included some useful websites below to help support any conversations at home.

Years 7 and 8 will have PSHRE twice a fortnight  
Years 9, 10 and 11 will have PSHRE once a fortnight.

Year Group	Topics
Year 7	<a href="https://biglifejournal.com/blogs/blog/growth-mindset-resources">https://biglifejournal.com/blogs/blog/growth-mindset-resources</a>
Year 8	<a href="https://www.talktofrank.com/get-help/concerned-about-a-child">https://www.talktofrank.com/get-help/concerned-about-a-child</a> <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/</a>
Year 9	<a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/</a> <a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a>
Year 10	<a href="https://www.talktofrank.com/get-help/concerned-about-a-child">https://www.talktofrank.com/get-help/concerned-about-a-child</a> <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/</a>
Year 11	<a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/</a>

## Guest Speakers

Week beginning 10<sup>th</sup> October - Year 11 will be having a session on mental health during their PSHRE lesson which is being run by our school counsellor, Mr Pemberton. Students will learn more about stress and anxiety and learn strategies that will hopefully help them in the lead up to their mock exams.

If you have any concerns about your child listening to this talk, please contact myself on the details above or their mentor or college leader.

## Topics covered in PSHRE lessons this half-term

### Year 7

Introduction to PSHE  
Who am I?  
Nature vs Nurture  
Personal, learning and thinking skills (PLTS)  
Growth mind-set

### Year 8

Energy drinks  
Smoking  
Alcohol  
Illegal drugs  
Democracy and voting

### Year 9

Anxiety and depression  
Healthy coping strategies  
Sleep

### Year 10

Alcohol  
Cannabis  
The dangers and effects of drugs

### Year 11

Career pathways  
The year ahead  
Mental health and exams

## RSE Changes

In the last year, with the government making Relationship and Sex Education a Statutory requirement in all schools last September, it has provided us with a perfect opportunity to revisit our RSE and PSHRE curriculum and ensure we are still delivering outstanding education fit for the 21st century. In recent years, there has been changes in terminology and emphasis, with explicit reference to family relationships and marriage, parenting, sexual and gender identity, consent, pornography, sex within the media, sexual harassment, healthy vs unhealthy relationships and the law. Our aim here at Finham is to equip all pupils with the knowledge to make wise and informed choices, alongside developing life skills, respectful attitudes towards others and inclusive values. Further information on RSE at Finham, can be found in our RSE policy on our School website

For more details on the curriculum and the new statutory guidance, please visit the PSHRE page on the Finham Park website

## PSHRE notices

### Year 10 work experience

Year 10 Work Experience is due to take place between the 13<sup>th</sup>-17<sup>th</sup> February 2023. Students and parents/carers are due to receive information about this shortly.

The Work Experience form will need to be completed by Friday 21<sup>st</sup> October. If you have any queries regarding work experience, please contact Mrs Linstead at [workexperience@finhampark.co.uk](mailto:workexperience@finhampark.co.uk)

### World Mental Health Day

The World Health Organisation recognises World Mental Health Day on the 10<sup>th</sup> October every year. The theme set by the World Federation for Mental Health is 'Making mental health and well-being for all a global priority'

We will be raising awareness of World Mental Health day in the week beginning 10<sup>th</sup> October.