

## PSHRE newsletter

Welcome to the Summer 1 newsletter. This half term will be covering what is being taught 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.

Year Group	Topics
Year 7	<a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a> <a href="https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/">https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/</a> <a href="https://www.youthemployment.org.uk/careers-advice-for-parents/">https://www.youthemployment.org.uk/careers-advice-for-parents/</a> <a href="https://barclayslifeskills.com/lifeskills-for-parents/">https://barclayslifeskills.com/lifeskills-for-parents/</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 8	<a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a> <a href="https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/">https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/</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.moneymules.co.uk/">https://www.moneymules.co.uk/</a> <a href="https://www.westyorkshire.police.uk/advice/fraud-and-financial-crime/fraud-and-financial-crime/money-mules-also-known-squaring">https://www.westyorkshire.police.uk/advice/fraud-and-financial-crime/fraud-and-financial-crime/money-mules-also-known-squaring</a> <a href="https://parentzone.org.uk/article/digital-footprint-parent-guide">https://parentzone.org.uk/article/digital-footprint-parent-guide</a>
Year 10	<a href="https://www.letstalkaboutit.nhs.uk/other-services/support-for-parents/">https://www.letstalkaboutit.nhs.uk/other-services/support-for-parents/</a>
Year 11	<a href="https://barclayslifeskills.com/lifeskills-for-parents/">https://barclayslifeskills.com/lifeskills-for-parents/</a>

## Sensitive topics

During this half term, some year groups will be looking at topics that may be of a sensitive nature. More information about the topics we will be covering are in the middle section of this newsletter.

If you feel that any of these topics could potentially be triggering to your child, could you please get in touch with myself, college leaders or your child's mentor ASAP to discuss next steps.

## Topics covered in PSHRE lessons this half-term

### Year 7

- We will be looking at the film Inside Out and linking this to Mental Health
- Budgeting
- Money personalities
- Poverty
- Careers

### Year 8

- Promoting emotional wellbeing
- Unhealthy coping strategies
- Healthy coping strategies
- Relationships on screen
- Managing challenging content

### Year 9

- Digital literacy
- Money Mules
- Social engineering

### Year 10

- Contraception
- STI's
- Consent

### Year 11

- Parenting
- Driving
- Finances

## PSHRE notices

### Mental Health Awareness Week 2023

Mental Health Awareness Week falls between the 15<sup>th</sup>-21<sup>th</sup> May. Mental Health Awareness Week is an annual event which gives the opportunity for the whole of the UK to focus on achieving good mental health.

The theme of this year's Mental Health Awareness Week is Anxiety. This theme has been chosen because Anxiety is a common emotion effecting more and more people in the UK and this particularly had a huge impact on people's mental and physical health during the pandemic.

We will be raising awareness of this in school and looking at the impact of anxiety on our mental wellbeing and practical steps we could take to address this.



The 'There's no excuse for abuse' posters are hung up around the school behind toilet doors for students to report any incidents they might see or be victims of. Although this can be done anonymously, we would also actively encourage students to report any incident to a trusted adult. The QR code can also be found on the school website for students to scan.