



'We commit ourselves to love, respect and serve one another as disciples of Jesus Christ'

Date: 4th September 2023

Our Ref: PSHCE/2023/SOW/Y7

Dear Parent/Carer,

All schools in the UK are required to offer Relationship and Sex Education as part of a fully comprehensive Personal, Social, Health Education and curriculum.

At St Bede's we have dedicated curriculum time on a weekly basis to deliver the content of both PSHE, RSE, Citizenship and Careers education. The topics covered in these strands are paramount for student's development; enabling them to gain a better understanding of the wider world and society, preparing them for life after St Bede's. This content will allow them to understand how to keep themselves safe and act appropriately if they felt their safety was challenged. This incorporates all elements of safety, both physical and online. Students will be taught by teachers on site at St Bede's, with each teacher forming part of specialist team to promote high quality learning. We will utilise external visitors to enhance our provision when we feel this is supportive and necessary. Please find the topics covered during Year 7 below.

Citizenship

- Students will learn the expectations of being St Bede's Citizens
- The difference between positive and negative citizens
- How individuals can contribute to their local communities
- They will also learn about respect and how to treat others.
- An introduction to politics and the UK law is also delivered

Careers

- Students will have an introduction to careers which covers careers terminology.
- They will learn about the importance of salaries and what can affect them.
- They will have the opportunity to participate in an employer encounter.

Health

- Students will study healthy lifestyles including food health, staying healthy and dental health.
- They will learn about puberty and 'The Red Box'
- They will have an introduction to first aid and they will learn CPR.

RSE

- Students will learn about different types of relationships including romantic, friends and family.
- Students will look at how puberty and changing bodies can affect self-esteem.
- Students will cover content on digital technology including Youth Produced Sexual Imagery. They will also complete a lesson on FGM.

STEM/Interform

- Students will look at how physical health connects with mental health.
- They will also look at the importance of STEM skills and how these can support career development.

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Website: <https://www.tentenresources.co.uk/parent-portal/>

Username: st-bede-dn16

Password: happy-places

We believe Relationships and Sex education forms an important part of learning and understanding within the PSHCE framework, however if you wish to withdraw your child from the Sex Education element of our programme please complete the reply slip below and return to school no later than Friday 29th September 2023. **Please only complete the slip if you wish for your child to be taken out of sex education.** If you choose to withdraw your child from the sex education curriculum, I will conduct a telephone consultation to establish which areas of the TENTEN resources you wish to withdraw your child from. If you have any questions regarding the programme of study, please contact me at school or via email on vtaylor@stbedesscunthorpe.org.uk

Yours Faithfully



Ms V Taylor

Careers, PSHCE & Exams Lead

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I wish for my child to be **withdrawn** from Sex Education within PSHCE. I understand that my child can legally opt to receive Sex Education starting three terms before they turn 16.

Student's full name Student's tutor group

Signed: Name: Date:



'We commit ourselves to love, respect and serve one another as disciples of Jesus Christ'

Date: 4th September 2023

Our Ref: PSHCE/2023/SOW/Y8

Dear Parent/Carer,

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Health

- Students will look at the effects of and legislations around addictions. They will cover smoking, e-cigarettes, alcohol, drugs and gambling.

RSE

- Students will look at pregnancy and puberty, including the physical and psychological changes and what happens during sexual attraction.
- Students will examine individual identity, including identity and sexual identity.
- Students will understand the term protected characteristics and will explore how this is sometimes the subject of prejudice, discrimination and bullying.

Careers

- Students will focus on activities which will support them to pick their options in Year 9; this will include developing research skills and exploring Labour Market information.
- Students will look at stereotypes and myth busting within careers.

Stem/Interform

- Students will look deeper into STEM skills and will realise the importance of transferable skills developed in STEM.
- In interform, students will look at benefits of physical activity and time outdoors.

Citizenship

- In this unit students will cover bullying, racism & hate crime.
- Students will explore what a modern UK looks like and migration to the country

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'We commit ourselves to love, respect and serve one another as disciples of Jesus Christ'

Date: 4 September 2023

Our Ref: PSHCE/2023/SOW/Y9

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Careers

- Students will work to develop their entrepreneurial skills.
- Students will experience a number of sessions which will support them with the options picking process.

Citizenship

- Students will learn the structure of the houses of parliament and will look at which political parties are in operation in the UK.
- Students will learn about the UK legal and justice system, before taking a look at contextual issues such as CCE and County Lines.
- Students will learn about protected characteristics and consider equality.

STEM/Interform

- Students will be looking at how STEM skills can inform a range of different professions.
- In Interform, they will consider how they can use physical activity as an aid to combat stress.

Health

- Students will explore body image in relation to the media and how this affects self-esteem.
- Student will look at positive mental health and ways to cope with stress.
- Students will participate in a Road Safety presentation.

RSE

- Students will consider God's plan for love and intimacy and will learn about the benefits of delaying sexual intimacy.

- Students will cover information on fertility, contraception, consent and sexual desire.
- Students will look at sexual exploitation and coercive control.

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Signed: Name: Date:



'We commit ourselves to live with one another as disciples of Jesus Christ'

Date: 4 September 2023

Our Ref: PSHCE/2023/SOW/Y10

Dear Parent/Carer,

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STEM

- Students will learn about how to transfer STEM skills needed for employment.

Health

- Students will learn about the importance of blood and organ donation, as well as the systems in place for screenings and immunisations.
- They will learn about the importance of sleep and good mental health.
- They will revisit the dangers of addictive substances.

RSE

- Students will look at parenthood, the legal responsibilities of becoming a parent and the emotional and practical commitments of parenting.
- Students will cover a number of RSE themes designed to keep them safe including FGM, Human Trafficking, grooming, entrapment and Honour-Based violence.
- Students will consider the objective reality of sex and its impact on relationships.

Citizenship

- Students will develop their knowledge on politics, looking at political parties and the voting process.
- There will be a focus this half term on financial capability, budgets and banking, understanding financial products and risks.
- Students will complete Esafety lessons on Health, Wellbeing and Lifestyle.

Careers

- In year 10 students will be given information on post 16 destinations and how to start preparation for leaving school, including how to write a CV.
- Students will undertake several lessons of virtual work experience.

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'We commit ourselves to love, respect and serve one another as disciples of Jesus Christ'

Date: 4th September 2023

Our Ref: PSHCE/2023/SOW/Y11

Dear Parent/Carer,

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Careers

- In year 11, the primary focus is careers; students will create CV's and personal statements as well as explore post 16 and post 18 destinations.
- Students will complete application forms for post 16 placements and receive guidance and help with this
- They will learn how to develop employment skills and how to prepare for an interview.

RSE

- Students will focus on consolidating prior knowledge, by looking at self-care, eating disorders, addictions and managing fertility.
- Students will participate in lessons that address STI's, coercive control and pornography.

Wider PSHCE

- Students will participate in a Road Safety presentation
- Students will work on exam related stress and revision techniques

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