

September 2023



Dear Parents/Carers

HEADTEACHER:

Ms K. Littledyke | BA (Hons), MA, NPQH

Personal Development (PSHE) in Year 9

I wanted to write to you with regards to our PSHE (Personal, Social and Health Education) Curriculum at Saltash. I am sure that you are aware that RSHE (Relationships, Sex and Health Education) became compulsory in all schools in April 2021. We were already teaching many of the topics that have become part of the compulsory content but have adjusted our curriculum and increased delivery time to ensure that we are covering all of the necessary content preparing our students to be well rounded individuals prepared to embrace 21st Century life.

PSHE (Personal, Social & Health Education) encompasses Careers Education & Guidance and Citizenship and we have 3 Key concepts that we teach throughout all year groups within our school:

- ✓ Living in the wider world
- ✓ Health and well being
- ✓ Relationships

We study a broad range of topics across the year covering each of the three aspects of the subject, please see the attached programme for topic areas covered in Year 9. All students have one hour of PSHE a week in years 7-9, taught by a member of a specialist team ensuring that all content is well researched and delivered in an age appropriate way, allowing our students the opportunity to build on our school TEAM values. In addition to teacher delivery we welcome a number of guest speakers throughout the year to enhance our curriculum further.

During this year your son/daughter will chose their GCSE Options, this process will be taught within their PD lessons, with additional parental and student events to help them make this decision, more details to follow about this process in March 2024.

As a parent you have the right to withdraw your child from the sex education elements of the Relationship & Sex education PSHE Curriculum but not the Science Curriculum, please email lgriffin@saltashcloud.net should you require any further information about the above.

If you have any questions or PSHE queries at all, please don't hesitate to contact me directly on 01752-843715 ext 235 or email me at: egue@saltashcloud.net

Yours faithfully



Mrs E Gue
Head of PSHE and Careers



Saltash Community School Year 9-Personal Development programme PD Concepts

Health and well being	Yellow
Living in the Wider World	Green
Relationships	Red

Introduction & Values.
British values-Democracy & Rule of Law.
British values-Individual Liberty & Respect.
PREVENT-Devon & Cornwall Police.
Healthy and Unhealthy traits.
Abusive Relationships-types of abuse.
Harassment and stalking.
Brook Health-All things Sexual Health.
RSE-Contraception recap.
RSE-Pregnancy options-abortion.
RSE-Pregnancy and miscarriage.
RSE-Parenting.
RSE-Marriage and family life.
RSE-STI's.
CHRISTMAS HOLIDAY'S
Knife Crime.
Youth Crime.
Financial scams and your data.
Consumer Rights.
Ethos and elevator pitch-how can you sell yourself.
Decision making-Skills and Interests.
Unifrog-Introduction.
Unifrog-Profiles.
Options Introduction.
Unifrog-Subject Library.
Post 16 Options.
Higher education-Falmouth University.
EASTER HOLIDAY'S
Different types of addictions.
Drugs-Cannabis.
Party Drugs.
Illegal Drugs.
Volatile substance abuse.
Self-esteem changes .
HBT-Bullying in all its forms.
Dealing with Grief and Loss.
Media and Airbrushing.
Cancer prevention-Healthy Lifestyles.
FGM.