



PSHE Years 7-11

Dear Parents/Carers,

As a part of your child's education at Beaconsfield High School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. Our Relationships and Sex Education (RSE) programme will help young people have healthy relationships with their minds, bodies and other people.

All students in Year 7-11 will have a fortnightly PSHE lesson. There will also be one drop-down day per year group where students will be taught by experts in various fields. Our partners this year are Split Banana, ACTivate, Elevate Education, The Inspirational Learning group, The Money Charity and Self-Esteem Team. Over the course of their PSHE lessons and drop-down day your child will have sessions relating to personal, social, health and economic education. Including lessons/ sessions focusing on the RSE aspect of this programme.

PSHE lessons will include teaching about healthy relationships, including friendships and intimate relationships; growing and changing, including puberty and menstrual well-being; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; sexual health and contraception; gender and identity; developing self-esteem and confidence; body image and social media; post-16 choices; personal finances; study skills.

I want to give you a flavour of our PSHE provision and why we do the things we do. We are committed to keeping children safe in all aspects of their lives and healthy relationships are a central focus of our curriculum. We want students to recognise unhealthy relationships, to know about the impacts of harmful online content and harmful behaviours and language. We want students to have a healthy relationship with their own bodies and appreciate and celebrate diverse bodies. We want diversity of all kinds to be understood so that all students can be themselves. We want students to know how to stay safe online. We want students to be respectful to one another, and we want to create respectful spaces where conversations can take place. We want them to learn about and celebrate British Values. We want to signpost to our students where they can find more information or extra support. Our curriculum intent can be found [here](#) and has some links to lesson resources for you to look through should you want to. A basic curriculum map can be found [here](#) that shows you what your child will learn about this coming year depending on their year group.

In all sessions, students will have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. All PSHE teaching takes place in a respectful learning environment and is underpinned by our school ethos and values. Students are asked to help us create our respectful space rules and teachers and facilitators work with students to ensure a respectful space for all learners. Our curriculum is age appropriate and spiral in nature as you will have gathered from the revisiting aspect in sequential year groups.

As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that parents continue to be supportive of the PSHE. If you would like to find out more then please read our [RSE Policy](#), the [DfE Statutory Guidance](#), [DfE Guide for Parents](#) and [DfE FAQs](#), you may want to explore the [PSHE Association website](#). If you would like to discuss our PSHE delivery, please contact Charlotte Lewis lewis-c@beaconsfieldhigh.school.

faithfully,

Charlotte Lewis

Head of Learning Lower School/PSHE Lead