

Dear Parents and Carers

PSHE and RSE Curriculum at Linton Village College

I am writing to introduce myself to you as the Head of PSHE at Linton Village College. I would like to warmly welcome your child to our community, and look forward to meeting them over the course of the academic year. The purpose of this letter is to offer you an overview of our PSHE (Personal, Social, Health and Economic) and Relationships & Sex Education (RSE) curriculum; explain our aims and objectives for PSHE at Linton; and ensure you are aware of the topics your child will be learning about in PSHE this term.

In our school, PSHE and RSE enables our students to learn about emotional, social and physical aspects of their lives, about themselves and their relationships. It enables young people to develop essential life skills for building and maintaining positive, enjoyable, respectful and non-exploitative relationships. It equips them with information and skills they need to understand themselves, their peers and people they meet in the wider community. It explores risks, choices, rights, responsibilities and attitudes. It will help students to develop skills to keep themselves and others safer, physically and emotionally, both on and off line. At Linton, we are deeply committed to working in partnership with you to ensure our students are safe, happy and healthy, and that is why I value your support in continuing these conversations at home, and am keen to work with you to ensure the best outcomes for our students.

You may be aware that the government recently introduced new [guidance for Relationships and Sex Education \(RSE\)](#). In response to this new guidance, we have consulted with parents/carers, students and staff over the last year to construct our new PSHE policy to be implemented from September 2021, along with a curriculum map (both attached). Students at Linton receive one lesson of PSHE per fortnight, from a specific team of teachers.

Given the nature of some of the course content, I will write to you termly so you can see the topics we will be covering, should you wish to discuss them with your child at home, and to give you the opportunity to inform us if there is anything we should be aware of.

This term, year 7 students will be learning about the following areas in PSHE:

Week Commencing	Enquiry Question	Content Covered	
06/09/2021	What is PSHE?	<ul style="list-style-type: none"> • Contents of the PSHE course • Ground rules for PSHE lessons 	
20/09/2021	What does it mean to be part of my new community?	<ul style="list-style-type: none"> • The Linton Learner attributes • What makes Linton a community? 	<ul style="list-style-type: none"> • How do I be a positive member of my new community? • What makes a good citizen?

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04/10/2021	How can I be a genuine friend?	<ul style="list-style-type: none"> • What are the qualities of a genuine friendship? • What is a “toxic friendship”? • How do I make sure I am a good friend?
18/10/2021	How do I stand up to bullying?	<ul style="list-style-type: none"> • What is bullying? • What does bullying behaviour involve? • How can I support people who are being bullied?
08/11/2021	How are my relationships changing?	<ul style="list-style-type: none"> • What are the different types of relationship? • What makes a healthy relationship? • What are the signs that a relationship is unhealthy?
22/11/2021	How can social media affect my relationships?	<ul style="list-style-type: none"> • What are the benefits and negatives of social media? • How does social media enhance my relationships? • When can social media be a problem for my relationships? • What should I avoid sharing online?
06/12/2021	What happens when online relationships go wrong?	<ul style="list-style-type: none"> • What are cyber bullying and trolling? • What impact can cyber bullying have on an individual? • How can I respond to online bullying behaviour?
20/12/2021	What should I look out for in online relationships?	<ul style="list-style-type: none"> • How can you tell when you can trust someone online and in real life? • What are the warning signs that something is wrong online? • Who can I talk to if something doesn’t feel right online?

The resources for these lessons have all been created with support from [Cambridgeshire PSHE Services](#) and the [PSHE Association](#).

If you wish to access further resources to learn more about the issues your child will be discussing this term, the following links may be helpful:

Friendships - https://www.childrensociety.org.uk/sites/default/files/2020-10/friendship-guide-for-adults_0.pdf

Bullying - <https://www.nationalbullyinghelpline.co.uk/about.html>

Cyber bullying - <https://cyberbullying.org/resources/parents>

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If you wish to discuss the PSHE curriculum any further, ask questions of your child's teacher about the lesson materials or talk to us about the specific needs of your child, please do contact me in the first instance.

Yours faithfully,

Cheney Payne

Head of PSHE

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