

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. The purpose of this letter is to offer you an overview of our new PSHE (Personal, Social, Health and Economic) and Relationships & Sex Education (RSE) curriculum; outline the changes we have made to PSHE this year; and ensure you are aware of the topics your child will be learning about in PSHE this term.

Our aim for PSHE and RSE is to enable our students to learn about emotional, social and physical aspects of their lives, about themselves and their relationships. PSHE helps 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.

As year 9 parents/carers, you will be aware that in previous years, PSHE at Linton has been delivered across 3 “drop down” days, where the usual timetable is collapsed and students carousel around a range of PSHE lessons and activities. However, in light of the government’s new guidance for [Relationships and Sex Education \(RSE\)](#), we have consulted with parents/carers, students and staff across the last year to construct our new PSHE policy to be implemented from September 2021, along with a curriculum map (both attached). In light of this feedback, we have made the decision to introduce PSHE as a fortnightly timetabled subject, delivered by a specific team of teachers, from September 2021. We are very excited to be introducing this curriculum this year, and are keen to continue working with you and our students to ensure this is a success.

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 9 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"> <li>• Contents of the PSHE course</li> <li>• Ground rules for PSHE lessons</li> </ul>
20/09/2021	How do I do basic First Aid?	<ul style="list-style-type: none"> <li>• What is First Aid?</li> <li>• How do I help somebody who is bleeding?</li> </ul>

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		<ul style="list-style-type: none"> <li>• How do I put somebody in the recovery position?</li> <li>• How do I call an ambulance?</li> </ul>
04/10/2021	How do I give basic life support?	<ul style="list-style-type: none"> <li>• How do I carry out a primary survey?</li> <li>• When and how do I deliver CPR?</li> <li>• How do I keep myself and others safe if there has been an accident?</li> </ul>
18/10/2021	How do different types of drugs effect our health?	<ul style="list-style-type: none"> <li>• What is the difference between a prescription and a Class C drug?</li> <li>• What are the risks associated with prescription and over the counter drugs?</li> <li>• What do I need to be aware of when taking prescription drugs?</li> </ul>
08/11/2021	How do I look after my mental health?	<ul style="list-style-type: none"> <li>• What factors can affect our mental health and well-being?</li> <li>• What is anxiety and how do I recognise it?</li> <li>• What are some mental health “first aid” strategies?</li> </ul>
22/11/2021	How do I look after my sexual health?	<ul style="list-style-type: none"> <li>• What are the most common sexually transmitted infections?</li> <li>• What are the symptoms of the common STI’s?</li> <li>• How can I protect myself from a STI?</li> <li>• How have attitudes towards HIV changed over time?</li> </ul>
06/12/2021	What is safer sex?	<ul style="list-style-type: none"> <li>• What are the similarities and differences between heterosexual and homosexual couples?</li> <li>• What challenges do people in same sex couples face?</li> <li>• How is family life, marriage and sex similar and different for homosexual couples compared to heterosexual couples?</li> </ul>
20/12/2021	How do I look after my body and my rights?	<ul style="list-style-type: none"> <li>• What does the law say about consent?</li> <li>• What are forced and arranged marriages?</li> <li>• What should I do if I am worried a relationship is not safe?</li> </ul>

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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:

First aid - <https://www.sja.org.uk/get-advice/>

Drugs education - <https://www.talktofrank.com/>

Mental health - <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

Sexual health - <https://www.nhs.uk/live-well/sexual-health/getting-contraception/>

Consent - <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/>

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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