

PSHE activities for Tuesday 29 June.

Dear Parent/Guardian,

As part of our PSHE (Personal, Social, Health and Economic education) curriculum at Gillotts, your son/daughter will be taking part in a PSHE day on Tuesday 29th June - which will be for periods 1-5. Please see the table below, which outlines the learning outcomes for this day:

<b>Year Group</b>	<b>Group Title</b>	<b>Information for parents</b>
7 – AM session	Health and Wellbeing	<p>The students will:</p> <ul style="list-style-type: none"><li>- Explain how to keep healthy and what influences health</li><li>- Describe the importance of maintaining personal hygiene</li><li>-Recognise and learn how to manage risk and make safer choices about healthier lifestyles</li></ul> <p>Topics will include sleep, exercise, personal hygiene and the importance of immunisations and will address factors that increase the risk of cancer including smoking.</p>
7 – PM session	Relationships	<p>The students will:</p> <ul style="list-style-type: none"><li>- Successfully identify when bullying may occur and what to do about it</li><li>- Refer to forms of discrimination - including; racism, homophobia, transphobia and biphobia.</li></ul>
8 – AM session	Relationships	<p>The students will:</p> <p>Describe different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect these (including age, gender, power and interests)</p> <p>Explain how to negotiate within relationships, recognising that actions have consequences, and when and how to make compromises</p> <p>To explore problems in a family relationship and ways to resolve them.</p>

		<p>To discuss possible ways of avoiding conflict.</p> <p>To state the difference between sex, gender identity and sexual orientation</p> <p>To describe the diversity in sexual attraction and developing sexuality</p> <p>To state the terms associated with sex, gender identity and sexual orientation and to understand accepted terminology</p> <p>Discuss bereavement and think about ways to support each other</p> <p><b>If you think your son/daughter may find discussions on bereavement challenging – please email me – so I can inform teachers who can support when this session is being delivered.</b></p>
8 – PM session	Careers	<p>The students will:</p> <ul style="list-style-type: none"> <li>- Explore stereotypes and how these might influence their choice of options or careers. Linked into this they will be identifying the differences between skills and qualities and discussing why people should be employed based upon these two factors.</li> <li>- Explore the rewards of following their own ambitions and dreams, despite any negative attitudes or popular opinions.</li> </ul>
9 – AM session	Living in the wider world	<p>The students will:</p> <p>Explore different aspects of financial concerns in a digital world. Specifically they will be looking at how online shopping has developed; the positive and negative aspects of buying something online; the skills you need as a critical consumer; different sources of income and the impact gambling can have on someone's financial situation.</p>
9 – PM session	Relationships	<p>The students will:</p> <ul style="list-style-type: none"> <li>- Describe infections that can spread through unprotected sex</li> <li>- Explain where to get health information, advice and support</li> <li>- Explain methods that protect yourself and others from infection and pregnancy</li> </ul>

		<ul style="list-style-type: none"> <li>- Explain the importance of not having an intimate relationship until ready</li> <li>- Describe and explain what it means to give consent in terms of the law</li> <li>- Describe the pressures placed on someone to receive peer approval around risky behaviours</li> </ul> <p>The delivery of the contraception/safe sex session will be provided by NHS trained school nurses, with support of teaching staff</p>
10 – AM session	Careers	<p>The students will:</p> <ul style="list-style-type: none"> <li>- Reflect on Post 16 destinations and look at the application process for colleges</li> <li>- Reflect on Post 18 options and future employment</li> <li>- Discuss the importance of money management and spending patterns/influences</li> </ul>
10 – PM session	Citizenship	<p>The students will:</p> <ul style="list-style-type: none"> <li>- Investigate and evaluate different types of government.</li> <li>- Understand the purpose of the UN, learn about its aims and evaluate its Millenium Development Goals for fighting poverty.</li> <li>- explore the role of the UN Security Council in keeping peace around the world.</li> </ul>

It is really important that students can share what they have learnt during these days and I have provided you with this overview - to help support conversations at home.

If you have any questions, please do let me know.

Kind regards,  
Mrs Gemma Silk  
Subject leader of Religious Studies and PSHE  
Gillotts School