



ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

April 2023

Dear Parent/Carer,

Students in Year 7 have been enjoying their PSHE curriculum and have so far covered topics on transitioning to secondary school and developing friendships. These are important topics for young people to help them form healthy relationships as they grow and mature. This term, the Year 7 PSHE curriculum is an introduction to 'Healthy Living'. This topic gives students knowledge that will enable them to make informed decisions about their wellbeing and health. Our students enjoy discussion times and the opportunity to ask questions, and so this is a key part of PSHE delivery. We fully believe that all children should learn about these important life skills in an inclusive, open, honest, and safe environment.

The 'Healthy Living' module includes the following topics:

- What a healthy lifestyle looks like
- Managing influences
- The importance of eating well and exercise
- Understanding cancers (breast, testicular and skin)
- Dental hygiene
- Female Genital Mutilation (FGM).

Current professional advice is that the FGM topic should be delivered early in the secondary PSHE curriculum. This topic will be delivered by Mrs Gee who has completed the relevant training.

We are always aware that some PSHE / RSE topics can be upsetting for students and those who care for them. If you would like further information or support on these important topics, the following links might prove useful:

- Childline: www.childline.org.uk
- www.nspcc.org.uk
- The NSPCC also have an FGM helpline, call free on 0800 028 3550 or email fgmhelp@nspcc.org.uk
- Place2Be: www.place2be.org.uk
- Young people can text P2B to 85258 to speak to one of Shout's trained volunteers who provide support to students who may have emotional or mental health concerns about themselves or someone else.
- [Teenage Cancer Trust | UK Cancer Charity](#)
- Our school website: [Health Zone - St Aidan's \(staidans.co.uk\)](http://Health Zone - St Aidan's (staidans.co.uk))

If you have any questions, please email me at m.gee@staidans.co.uk

Kind regards,
Mrs M Gee
Assistant Headteacher

Interim Headteacher: Mr D Thornton