



ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

Dear Parent / Carer

Please find attached the current PSHE programme for students in years 7-11, this programme includes the statutory teaching of Relationships, Sex and Health Education (RSHE). As outlined in our [RSHE policy](#) our current PSHE / RSHE provision is delivered by form tutors and through a weekly assembly. There is further enrichment to this important subject through drop-down days, visiting speakers and curriculum areas such as Religious Studies, English, and IT. Students in the Foundation Learning Group follow an amended curriculum (attached); please contact Mrs Rowland if you require further information for that group.

This curriculum is important for young people because:

- it gives students the knowledge that will enable them to make informed decisions about their wellbeing, health and relationships;
- it gives young people the opportunity to put knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts;
- it recognises that everyone faces difficult situations in their lives and that relationships and sex education can support young people to develop resilience, know how and when to ask for help, and know where to access support.

Our Relationships, Health and Sex Education is fully inclusive to meet the needs of all our students. We fully believe that all children should learn about these important life skills in an open, honest and safe environment.

Topics for this term

Year 7: My New School – managing the feelings of change, learning about our school systems and values, friendships.

Year 8: Drugs, Smoking and Alcohol Education - the effects and impact of harmful substances such as some drugs, alcohol, smoking and vaping.

Year 9: British Society – British values, political systems, government and voting

Year 10: Mental Health and Wellbeing / Physical health and wellbeing - how to maintain general wellbeing, looking specifically at stress, anxiety and depression. In the second half of this term, Year 10 students will learn about maintaining good physical wellbeing and focus on diet, exercise, sleep, with some learning on identifying and getting help for eating disorders.

Year 11: Addiction – causes and symptoms of addiction including how to get help. Focus on drugs, alcohol, gaming, gambling and pornography.

Sources of help and support

We are aware that some PSHE / RSE topics can be upsetting for students and those who care for them. We regularly signpost students to places of support; these may be school-based or through external providers, and our Safeguarding Team is always here to support students.

Headteacher: Mrs S Dover

St. Aidan's Church of England High School, Oatlands Drive, Harrogate, North Yorkshire HG2 8JR
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If you would like further information or support, the following links might prove useful:

- www.thegoto.org.uk – emotional wellbeing support for students, parents / carers and professionals
- Childline: www.childline.org.uk
- www.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](#)
- www.talktofrank.com Substance use information site
- Anna Freud National Centre for Children and Families: www.mentallyhealthyschools.org.uk
- www.beateatingdisorders.org.uk

All schools providing secondary education must deliver Relationships and Sex Education (RSE), as well as Health Education. Parents do not have the right to withdraw students from Relationships or Health Education. However, parents do have the right to withdraw their child from some aspects of Sex Education. This does not include what is taught as part of the science curriculum. A child can request Sex Education without their parent's consent from three terms before their 16th birthday. Exercising of this right to withdraw is in discussion with the Headteacher.

For further advice and support that covers a wide range of topics, for both parents and students, you can visit our 'Health Zone' pages on the school website [Health Zone - St Aidan's](#)

Please also find the attached copy of the September Wellbeing newsletter for parents and carers. It contains advice and links that support a healthy start to the new school year.

Please contact me the school if you require further information; my email is m.gee@staidans.co.uk.

Kind regards,

Mrs M Gee
(Assistant Headteacher)

Headteacher: Mrs S Dover

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