

PSHE & RSE Newsletter



What is PSHE & RSE?

Introduction

Dear Parents and Carers,

As part of your child's education at Barnsley Academy, we promote personal wellbeing development through a comprehensive Personal, Social, Health and Economic Education (PSHE) and Relationships and Sex Education (RSE) programme. PSHE & RSE Education is the curriculum content that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

The PSHE & RSE, Safeguarding and Personal Development leads work closely together to ensure that we provide a curriculum that is relevant and adapted to the needs of all our students. At every point, we seek to provide an objective, factual and law-based approach which provides students with the skills and knowledge they need to thrive now and in the future. Students in Year 7-9 have a fortnightly 75-minute PSHE & RSE lesson. Year 10 students receive a weekly bespoke PSHE & RSE tutor time session alongside Character, Careers, Religious Studies and Reading.

Through this newsletter, we will share an overview of the topics we cover to provide you with the information to support discussions at home whilst developing your child's knowledge, confidence and understanding of the world they live in.

Yours faithfully,
Kelly Glendinning

Head of PSHE & RSE

If you have any questions, please contact kelly.glendinning@barnsley-academy.org

**RSE ENCOURAGES YOUNG PEOPLE TO
SEEK HELP OR SPEAK OUT**

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PSHE & RSE Curriculum

What is taught in PSHE & RSE?

Overview & Statutory Requirements

Over the next term, your child's class will be taking part in lessons which will focus on the Relationships and Sex Education (RSE) part of our Personal Development Curriculum. The topics that will be taught are listed below.

In addition, we understand that PSHE & RSE can be an emotive topic and aim to engage with parents and carers surrounding relevant matters. With this in mind, we would like to invite you to join a parents and carers PSHE & RSE working group. If you are interested in doing so, please complete the form via this Microsoft link:

If you would like to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home, please refer to the school website curriculum sub-heading PSHE. For further clarity you may contact kelly.glendinning@barnsley-academy.org

	Week 2 Respectful Communication	Week 4 Minding Myself and Others	Week 6 My Body, My Rules	Week 8 Boundaries	Week 10 Human Sexuality	Week 12 Media Influences	Week 14
Year 7	How to Communicate with Respect	Being an Adolescent: Social and Emotional Changes	Physical Changes and Puberty (including Menstruation)	Introduction to Consent	Understanding Sexuality	Sharing Explicit Content	<i>Active Citizenship Project</i>
Year 8	Effective and Appropriate Communication	Relationship Values: Romantic and Platonic	Sharing Explicit Content	Consent: Avoiding Assumptions	Feeling Different: Sexual Orientation	Influences on Relationship Expectations	
Year 9	Dealing with Conflict	Respectful Relationship Behaviours	Unhealthy Relationships	Freedom and Capacity to Consent	Responsible Relationships: Sexual Health & Contraception	Influences on Sexuality; Pornography	

All of our Personal Development Curriculum lessons take place in a safe learning environment and are underpinned by our School Ethos and Values. In addition to the content above in Year 10, students cover Online Behaviour, Consent, the impact of Explicit Image, Pornography and the Law. The Academy's PSHE & RSE Policy can be viewed under policies: <https://www.barnsley-academy.org/>

How to support at home with Student Well-being

As a school, we believe that student mental health is a priority and have invested in Kooth, an online platform to support emotional wellbeing. Kooth offers **24/7 instant access** to anonymous and personalised mental health support. Their team of qualified practitioners are available outside of school hours and during school holidays, complimenting the support that is already provided to students in the Academy. Students attended an assembly delivered by Kooth on Monday 22nd April and were provided with further information about how to access the service. Last year, the NSPCC reported a 10% increase in young people receiving counselling support for exam stress. In addition, almost 20% of young people visiting Kooth seek help about school/ college issues or exam stress. With many young people preparing for their upcoming exams this term, Kooth offers to help with any stress or anxiety a young person may be feeling. If you would like any more information, please email lisa.hickling@barnsley-academy.org.