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Dear Parent/Carer

Year 7 PSHCE Autumn Term Update

I would like to inform you of the topics your child will be learning in the Autumn Term in their PSHCE lessons.

PSHCE composes of three themes which are taught twice a year and are delivered under the topic names of:

1. **Health and Wellbeing:** Topic 1 - Healthy Body, Healthy Life; Topic 2 - Healthy Mind, Healthy Life
2. **Relationships:** Topic 1 - Life Relationships; Topic 2 - Family and Community Life
3. **Living in the Wider World:** Topic 1 - British Life; Topic 2 - My Future Life

In the first half term, Year 7 will be completing the topic in Life Relationships.

These lessons will include:

How can I maintain genuine friendships and avoid toxic ones?
Bullying or banter? What is and isn't acceptable?
How can we prevent online bullying?
How can we keep safe and have positive friendships?
Why must we be so careful with Social Media?

In the second half term, Year 7 will be moving onto British Life.

This forms part of their Citizenship and British Values Education. During this topic, students will learn:

Democracy, voting and elections. How does the system work?
How do general elections work?
What does it mean to be a British Citizen?
What is racism and stereotyping?
Why are xenophobia, racism and extreme nationalism so dangerous to Britain?

If you would like any further details about these topics, please contact me by email or telephone.

Yours faithfully

J Reynolds

Jenna Reynolds

PSHCE and Careers Leader of Learning

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