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Dear Parent/Carer

Year 8 PSHCE Autumn Term Update

I would like to inform you of the subjects your child will be learning in the Autumn Term in their PSHCE lessons. PSHCE composes of three themes, in line with our Academy values, which are taught twice a year and are delivered under the topic names of:

1. **Respectful Relationships:** Topic 1 – Relationships and Sex Education; Topic 2 – Celebrating Diversity and Equality
2. **Taking Responsibility:** Topic 1 – Life Beyond School; Topic 2 – Rights, Responsibilities and British Values
3. **Building Resilience:** Topic 1 – Health and Wellbeing; Topic 2 – Staying Safe Online and Offline

In the first half term, Year 8 will be completing life Beyond School. These lessons will include:

- How to develop employability and enterprise skills
- What is a careers and what do you aspire to be
- The influence of the media on self esteem
- The importance of happiness
- How to recognise what makes you angry and how to respond

In the second half term, Year 8 will be moving onto Health and Wellbeing, during which students will learn about:

- What it means to be healthy through healthy eating
- How to manage stress
- The different types of bullying
- What we mean by child abuse and how to seek help if needed

By sharing these subjects with you I hope you can engage with your child about these topics and support their learning. If you need any advice or information regarding their topics, please contact me by email jreynolds@looe.net

Yours faithfully

J Reynolds

Jenna Reynolds
Head of PSHCE and Careers