



Sunrising, East Looe, Cornwall PL13 1NQ

Telephone: 01503 262625

Email: enquiries@looe.cornwall.sch.uk

www.looe.cornwall.sch.uk

Headteacher: Mr S Yalden BSc (Hons) PGCE NPQH

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Dear Parent/Carer

Year 9 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 9 will be completing life Beyond School. These lessons will include:

- What is assertiveness
- First Aid
- How to save and manage money
- Labour market information about jobs in Cornwall and beyond
- Social media and online stress

In the second half term, Year 9 will be moving onto Health and Wellbeing, during which students will learn about:

- Self esteem and how it can change
- How the media portrays images and using airbrushing
- Reproductive organs and how to keep healthy
- Cancer prevention and healthy lifestyles
- How to deal with grief and loss

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@looecca.net

Yours faithfully

J Reynolds

Jenna Reynolds
Head of PSHCE and Careers