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10 January 2025

Dear Parent/Carer

Year 8 PSHCE Spring 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 identity, relationships and sex education as part of the Relationships and sex education topic. These lessons will include:

- Relationships and sex education
- Healthy, respectful relationships
- Being yourself and self-love
- Sexual orientation
- Dealing with conflict

In the second half term, Year 8 will be moving onto dangerous society, online and offline, during which students will learn about:

- Alcohol safety
- Substance misuse
- County lines
- Cyberbullying
- Online grooming
- Child exploitation and online protection

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@looca.net

Yours faithfully

J Reynolds

Jenna Reynolds

Head of PSHCE and Careers