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Dear Parent/Carer

Year 7 PSHCE Summer Term Update

I would like to inform you of the subjects your child will be learning in the Summer 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 - Exploring Relationships; Topic 2 – Safe Relationships
2. **Taking Responsibility:** Topic 1 - British Life; Topic 2 - Future Life
3. **Building Resilience:** Topic 1 - Healthy Mind; Topic 2 - Healthy Body

In the first half term, Year 7 will be completing Safe Relationships. These lessons will include:

- Community relationships and the impact of language and its effect on how others feel
- Online bullying and how we can prevent it
- How to stay safe online including grooming
- The impact of sharing information on social media and how to protect your personal data
- What female genital mutilation is, how to spot the signs and the law

In the second half term, Year 7 will be moving onto Healthy Body, during which students will learn about:

- The dangers of smoking cigarettes and vaping
- The importance of and ways to keep good dental and personal hygiene
- What happens to you during puberty and what are periods

Students will also be taking part in their first Brook workshop. Brook are Cornwall's Sexual Health Service and provide workshops throughout your child's time at the academy, covering various and age-appropriate topics. After the June half term, Year 7 will be taught about puberty and the changes during adolescence. This is an opportunity for students to be able to ask questions in a safe space and develop their knowledge about the changes they will experience as they grow up.

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

To help you support your child's learning, Looe Community Academy are excited to offer you access to their Community Online Membership. Your membership gives you access to over 100 courses which will help you as a Parent or Carer support your child with any social, emotional or mental health concerns and many teenage issues. Each course is made up of a series of bite-sized videos. You can watch them all in one go, or spread them out, whatever suits you best. For every completed course you can download a certificate to mark your progress. If you would like further help or guidance, please contact Mrs Jackman.

Why not get started now? Click on the following link to set up your password:
<https://www.creativeeducation.co.uk/add-yourself-to-your-school-or-colleges-membership/?ca=8f756ac0ec16744ac4451af6b982acf2>

Yours faithfully

J Reynolds

Jenna Reynolds
PSHCE and Careers Leader of Learning