

April 2026

Dear Parents and Carers

RE: Summer Term PSHE Information.

I write with details of themes due to be covered in PSHE this term.

All learners have a timetabled PSHE lesson each fortnight. Every unit of work makes references and links to important skills and knowledge needed for future careers success.

This term, learners will cover:

Year 7:

- Managing our relationships - What are different types of committed relationships?
- Managing our relationships - What types of families are there?
- Managing our relationships – What does a healthy friendship feel like? How might this affect our mental health?
- Future Focus - Online gambling, debt, targeted advertising.
- Future Focus - What is a Budget and why should we make one?
- Future Focus - Understanding saving and borrowing
- Staying healthy - My health and me reminders

Year 8:

- Body Image and Healthy Lifestyle - How can we promote a positive body image?
- Body Image and Healthy Lifestyles - How do healthy lifestyles help with our mental health?
- Body Image and Healthy Lifestyles - Why is sleep so important for our wellbeing?
- Careers and me - What are employability skills?
- Careers and Me - What do we mean by working patterns?
- Careers and Me - Online gambling, debt, targeted advertising.
- Staying Healthy - My health and me reminders

Year 9:

- Worth It! Where does our body image come from? Including reference to mental health concerns.
- Worth it! What impact do Online influencers have?
- Worth it! Should we ban cosmetic surgery?
- Staying safe - Community issues, including gangs and criminal responsibility.
- Staying safe - Recognising and supporting mental health concerns
- First Aid - Saving Lives: The ABC of First Aid – Airway, Breathing, Circulation
- First Aid - Everyday Emergencies: Treating Burns, Bleeding, and Breaks

Year 10:

- Relationships, gangs and control - How can we recognise and manage healthy and unhealthy behaviours in relationships?
- Relationships, gangs and control - How can we recognise and manage relationship abuse?
- Relationships, gangs and control - Gangs and coercive control
- Careers and Financial Decision making - How do we make a good impression in the workplace? Reminders around protected characteristics and stereotyping
- Careers and Financial Decision Making - Why is it important to think about how we use our money?
- Careers and financial decision making - What is income tax and inflation?

Year 11:

- Final reminders on Abortion, Healthcare and Fertility
- Final reminders on supporting mental health and where to get support

All resources have been developed in line with guidance around age appropriateness from the PSHE Association and with alternative professional input where appropriate. We are aware that some learners may find some of the content here triggering/upsetting; please be assured that it will be delivered sensitively. If you have any specific concerns about your child in relation to the content above, please do not hesitate to email me. My email address is rleo@brannel.celtrust.org.

We appreciate your support with continuing conversations around these topics with your children at home and would encourage you to talk openly with them about the content of these lessons.

The following resources/websites will help with these conversations this half term:

- Young Minds - A guide to social media and mental health for parents/carers,
- Young Minds - A guide to talking to children about racism and mental health for parents and carers,
Sexual Health & Wellbeing
- Brook,
- Fighting for healthy lives,
- Talking about sexual health and contraception.
Honest information about drugs
- FRANK gives helpful and detailed advice on drugs and substances
Online Radicalisation & Extremism,
- Internet Safety for Children covers details on helping parents support their children with extreme online content.

You have the right to withdraw your child from Relationships and Sex Education. If you wish to withdraw your child, please sign and return the attached form.

Finally, you may have seen in the news that there is updated guidance for schools on what should be covered in PSHE. This becomes statutory in September 2026. More information can be found at New RSHE guidance: what parents need to know – The Education Hub.

A key part of this guidance is parents and carers have the right to review any materials used as part of PSHE lessons. The best PSHE education for our young people comes from parents and educators working together.

Please email me if you wish to see or discuss anything that we use as part of our PSHE provision - I look forward to hearing from you.

Yours sincerely



Mr R Leo
PSHE Lead

RSE OPT OUT FORM

I wish for my child _____ in _____ (Tutor Group) to opt out of non-statutory RSE lessons.

Parent/Carer Name: _____

Parent/Carer Signature: _____

Date: _____