



King's Academy **Easthampstead Park**

It takes a whole community to raise a child.

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11 October 2024

Dear Parent/Carers

Year 11 Personal, Social, Health and Economic Education Programme (PSHE) Update

As part of your child's education at King's Academy Easthampstead Park (KAEP), we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic education programme (PSHE). PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitude and practical skills to live safe, healthy, productive lives and meet their full potential.

Over the next three academic terms, your child's class will be taking part in lessons which will focus on British Values, preparing learners for future success, promoting healthy relationships, acting responsible and staying healthy (both mentally and physically) and developing character and building resilience.

As part of PSHE there will be Relationships and Sex Education (RSE) lessons in Year 11, lessons this year will focus on changing relationships and family; addressing marriage and parenthood as well as assertive communication in regards to contraception.

PSHE is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

RSE will also be taught within the Science curriculum for KS4 students and this will focus on sexual and asexual reproduction, explaining changes to the body, diseases linked to lifestyle factors, the spread of bacterial infections (including sexually transmitted infections), hormonal differences (including female menstrual cycle), evaluating forms of contraception and understanding fertility treatments.

Topics to be covered this year include:

- Next steps - skills for further education, employment and career progression.
- Financial decision making.
- Health independence - responsible health choices and safety in independent contexts.
- Communication in relationships.
- Families - changing relationships and parental responsibilities.
- Building for the future: self efficiency and stress management.

If you would like to find out more about what your child will learn and discover how you can best support your child to discuss these topics at home then please do get in contact with me at sarah.goad@kgaeasthampstead.uk.

It would be much appreciated if you could please read the **Understanding Relationships - Guide for Parents** in order to support our teaching and learning.

As a school community we are committed to working in partnership with parents and carers.

Yours faithfully

Miss S Goad
Curriculum Leader of PSHE KS4

[Understanding Relationships, Sex and Health Education - a guide for secondary school parents \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)



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