



King's Academy **Easthampstead Park**

**It takes a whole community to raise a child.**

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13 January 2025

Dear Parents/Carers

### **Year 7 - PSHE and RSE Spring Term Curriculum**

We believe that promoting the health and wellbeing of our students is an important part of their overall education. We do this through our Personal, Social, Health and Emotional (PSHE) curriculum.

PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help students make safe and informed decisions during their school years and beyond.

During the Spring Term, students will be covering subjects such as:

- Healthy Routines
- 3Regulating emotions
- Communicating online
- Hygiene and dental health
- Puberty and managing change

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. Each student's privacy will be respected, and no one will be asked to reveal personal information.

RSE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides students with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21st century students are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

Parents and carers are the most important educators of children and young people who are dealing with personal issues, and many welcome the support that schools can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate to contact me at [ellen.ives@kgaeasthampstead.uk](mailto:ellen.ives@kgaeasthampstead.uk). All materials used are available for you to browse through should you so wish.

Yours faithfully

**Miss E Ives**  
**Curriculum Leader of KS3 PSH**



Ringmead, Bracknell, Berkshire, RG12 8FS

Tel: 01344 304567

[info@kgaeasthampstead.uk](mailto:info@kgaeasthampstead.uk)

Headteacher: Mrs Liz Cook MA, BA(Hons) FCCT