



Year 10 PHSRE

Parents and Carers,

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

The curriculum at TDMS is based on the statutory requirements laid out by the Government which include content on relationships and sex education. We are also mindful in the development of our curriculum that we need to react to the needs of our students and therefore we adapt the curriculum to focus on the needs of the cohort and the school community, continually monitoring and reviewing what is taught. At the same time, students have missed aspects of their PHSRE learning over the last couple of years so we are prioritising key aspects of the curriculum in the first instance. We use resources from the PHSE Association. This is the main recognised body in PHSRE education and provides a wide range of validated resources, utilising professional agencies, such as the NSPCC, with expertise in key areas.

I am writing to let you know on a termly basis what students are learning during the term.

Autumn 1	Online refresher Body Image Unhealthy Coping Strategies Coping strategies and anxiety Mental Health challenges
Autumn 2	Healthy lifestyles Money matters: Income or salary Money matters: Bills and renting Money matters: Gambling

PSHRE education is taught throughout the school in every year group and is monitored and reviewed regularly. All PSHRE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

It is also important to again outline to you that in 2020 statutory changes were made to the requirements for Relationships and sex education, as well as the Health Education curriculum. We are writing to let you know that, over the next year, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in the year may include: Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. Students will also

have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

Under Government guidelines parents are not able to withdraw their child from any aspect of Relationships or Health Education. However, parents are able to withdraw students from any or all aspects of sex education, other than those which are part of the science curriculum. At the start of your child's time with us you completed a consent and permissions form. If you wish to withdraw your child from the sex education part of the curriculum, please email me on flovecy@tdms.worcs.sch.uk. Upon receipt of your email we will invite you to have a discussion with the school as per Government guidelines.

As a school community, we are committed to working in partnership with parents. Below are several key websites which may be useful to you to gain advice or share with your child. We would also like to invite you to communicate your ideas and questions on the PHSRE curriculum by using this linked survey. <https://forms.gle/fEGZcxkRgmwJc2d89> The survey will be open for 2 weeks from 18 November 2021. Results will form a PHSRE Frequently Asked Questions Section on the school website. If you wish to make contact in regards to the delivery of the PHSRE curriculum please contact flovecy@tdms.worcs.sch.uk, indicating the year group of your child.

[Parents Protect](#): helping parents and carers protect children from sexual abuse and exploitation including online safety

[Young Minds](#): direct mental health support for young people as well as information and support for parents and professionals

[Health for Teens](#): Support and advice for growing teenagers on feelings, health, growing up, lifestyles, relationships and sexual health

[Frank](#): Up to date drug advice

Please see the school website [Safeguarding](#) and [Mental Health and Wellbeing](#) pages for further advice and support or contact school for support.

Yours sincerely



Fiona Lovecy