



St Benedict's

Catholic College

MDA

22nd September 2023

Dear Parent/Carer

PSHE 2023-24

Personal, social and health and economic education (PSHE) is a very important aspect of the curriculum at St Benedict's Catholic College. The subject seeks to provide valuable knowledge and skills that are essential for life beyond the school gates and help children to make good choices as they mature.

This year, the PSHE programme for Year 7 is as follows:

Term	Area of Study	Topics covered
Autumn 1	Identity and Diversity	Personal Identity Learning skills and teamwork Respect in college
Autumn 2	Online Safety	Communicating online Safer internet use Using the college systems properly
Spring 1	Physical Health	Dental health Healthy eating Puberty and Female Genital Mutilation
Spring 2	Mental Health	Regulating emotions Dealing problems Self-esteem and image
Summer 1	Citizenship	Basic first aid Rights in the community Rights and responsibilities
Summer 2	Relationships and Sex Education	Making friends Identifying bullying Dealing with bullying

The PSHE programme will be delivered by skilled professionals with experience in the topics taught, and each class will have a different teacher for each area of study. The topic areas are units of 3 lessons and they will take place once a fortnight, beginning in October.

If you would like to discuss any aspect of the PSHE programme, please contact me at college.

Yours faithfully

Mrs M Davis
Assistant Principal - Safeguarding