

Welcome to the first PSHRE newsletter of this academic year, where each half term we will keep you updated with what each year group will be covering in our tutor curriculum. We hope that by sharing this information with you, it will give you the opportunity to build upon

these topics at home and engage in conversation about what students have learnt. The Tutor Curriculum aims to deliver these over two mornings a week with an additional careers morning.

AUTUMN TERM 1A AT PRESIDENT KENNEDY - WHAT WILL WE BE COVERING?

All Year groups have been focusing their tutor curriculum sessions around 'Self Concept' which will help prepare students for learning, resilience, how to manage internal influences whilst promoting self confidence.

Students will then have a focus on mental health and emotional well-being as they move towards the end of Term 1a and into Term 1b.

Please see below some websites to help you engage with these topics with your children at home:

[Positive News | Good journalism about good things](#) to support with mental health by reading only positive news stories.

[Resilience guide for parents and teachers](#) (apa.org) top tips for building resilience in young people.

[Sign In - Unifrog](#)- unifrog- a forum used in KS3 to support with Careers. Students will need their own login.

RSE CHANGES:

In the last year, with the government making Relationship and Sex Education a Statutory requirement in all schools last September, it has provided us with a perfect opportunity to revisit our RSE and PSHRE curriculum and ensure we are delivering transformational education.

In recent years, there has been changes in terminology and emphasis, with explicit reference to family relationships, parenting, sexual and gender identity, consent, media, sexual harassment, healthy vs unhealthy relationships and the law.

Our aim here is to equip all pupils with the knowledge to make wise and informed choices, alongside developing life skills, respectful attitudes towards others and inclusive values.

CAREERS:

Each Year group will have a tutor session dedicated to 'Careers' which will again be relevant to the stage of their school career. We also have had some successful evenings half term, and have some further exciting experiences coming up, such as:

- Careers fair for Year 8 and 9 students
- KS4 & KS5 Apprenticeship Evening - which was held on Wednesday 12th of October
- KS4 & KS5 Careers fair - Thursday 3rd of November

THE 3 STRANDS



The heart of our curriculum is underpinned by our '3 strands' where we ensure that the tutor curriculum encompasses each of these areas throughout the year. The aim here is to cater for each of our students to maximise their experience of school and support their progress.

Further details to follow!

PSHRE Notices:

There will also be some exciting events coming up, such as our 'Pan -African Evening', which will feed into some further work focused on 'Black History' month in October. Further information to follow!

World Mental Health Day:

World Mental Health Day had an increased focus during tutor time on 10th October.

Students have had an increased focus on this during tutor time. Each year group will continue to take a slightly different approach when focusing on this area to ensure that it is relevant to the stage of their school career, and is age appropriate.