



ABINGDON

From Head of Wellbeing: Paul Gooding

8 January 2021

Dear Parents

PSHCE Programme of Study, 3rd and 4th years, Lent Term 2021

Here is an outline of the 3rd and 4th year PSHCE programme of study for the Lent term. Students will be working through the following topics with their PSHCE teachers. I'm delighted to lead a large team of PSHCE teachers which ensures that we can operate in small groups (typically of between 11-12 students) thereby enriching the conversations for all and ensuring that there is a really close bond in the groups as the year develops.

I am also pleased to say that we are continuing to roll out "*Youth Mental Health First Aid*" training to our teaching staff which is led by our own team of in house instructors drawing upon Mental Health First Aid England resources. This is superb training and really bolsters the quality of our PSHCE provision and general pastoral care that we can offer the students.

You might like to discuss some of the issues that these topics raise with your children at home, at the appropriate point in term, in order to reinforce the positive messages.

In the **3rd year** students will be studying the following topics this term:

Lesson 1+ 2 – Alcohol and parties (the lessons will take place in weeks 1-4 of term).

Lesson 3 + 4 – Drugs, substances and the law (in weeks 5-8 of term).

A useful website at this point is [Talk to Frank](#) which you may be interested in exploring in more detail.

Lesson 5 + 6 – Healthy Eating (in weeks 9-11 of term)

In the **4th year** students will be studying the following topics this term:

Lesson 1 – The workings of the UK government and the democratic process. (the lesson will take place in weeks 1-2 of term).

Lesson 2 – Radicalization and extremism and what to do to prevent it. (the lesson will take place in weeks 3-4 of term).

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Lesson 3 – Human Rights and Responsibilities (the lesson will take place in weeks 5-6 of term).

Lessons 4-6 – Navigating the online world. Students will explore topics such as: their digital footprint, online risks, sexting, online fraud, fake news, how to spot fake and scam websites, gaming, online streaming, vlogging, webcamming and general safety in the online world. We will also explore where to go in order to get help and support online. (the lessons will take place in weeks 7-11 of term).

Useful websites for parents at this point include [safer internet](#) and [thinkuknow](#).

Should you have any further questions thereafter please feel free to contact Paul Gooding, Head of PSHCE and Wellbeing. Thank you in anticipation of your support in this key area of the curriculum.

Do also follow us on Twitter at [Ab Wellbeing](#) where we will be posting regular updates for parents and carers.

Many thanks and best wishes for 2021.

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