



ABINGDON

From: Paul Gooding: Head of Wellbeing

7 January 2022

Dear Parents

PSHCE Programme of Study, 3rd and 4th years, Lent Term 2022

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** pupils 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, positive body image, mental health and eating disorders (in weeks 9-11 of term)

In addition, the 3rd year students will be having a presentation on relationships and pornography on Tuesday 15 March which will help to reinforce all the work that we are doing within the relationships and sex education side of PSHCE lessons.

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

Lesson 1 – Radicalization and extremism and what to do to prevent it. (The lesson will take place in weeks 1-2 of term). We will be focusing particularly on INCELS and radicalization.

Lesson 2 – Human Rights and Responsibilities (The lesson will take place in weeks 3-4 of term).

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Lessons 3-5 – 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 5-10 of term).

Lesson 6 – The workings of the UK government and the democratic process. (The lesson will take place in weeks 11-12 of term).

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

If you have any suggestions about our RSE (relationships and sex education policy) do have a look at our policy which is available [HERE](#) and feel free to get in touch with me if you have any suggestions or thoughts for improvement.

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. Should you have any further questions thereafter please feel free to contact me.

Many thanks and best wishes for 2022.

Paul Gooding, Head of Wellbeing & PSHCE