

Dear Parent/Carer,

As part of our bespoke curriculum here at Albright Education Centre, we endeavour to plan and deliver a broad, informative and engaging range of subjects to allow your child to thrive.

One area that we value as hugely important in the development of young people is our PSHE curriculum. Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools are required to teach PSHE as part of the national curriculum.

PSHE is a non-statutory subject, so we have room to personalise the curriculum to our learners needs. PSHE can encompass many areas of study and we are best placed to understand the needs of our pupils in our centre and from our local community.

At Albright, we use the PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

There is statutory content that we are required to deliver in schools, specifically on drug education, financial education, Relationships and Sex Education (RSE) and the importance of physical activity and diet for a healthy lifestyle. These topics are delivered through our PSHE programme as well as in other areas of the school curriculum.

Below is our PSHE overview for the forthcoming academic year, for your reference.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
KS3 Year 1	Aspiration Resilience Self Esteem Wants and Needs P + D Racism Social Media	Shopping Ethically Budgeting Savings, Loans and Interest Financial Products and Transactions	Friendships Family Relationships Romantic Relationships	Bullying and Cyberbullying Keeping safe in Relationships Personal Identity Radicalism and Extremism	Healthy Lifestyles Eating Healthily Exercise	Smoking Drugs Depression Anger Management Puberty and Periods FGM
KS3 Year 2	Safe Sex Contraception STIs Sexting Dangers of Pornography Body Image – Male Focus	British Values Domestic Conflict Extremism Radicalisation P + D - Religion	Finance Income and Expenditure Tax and NI Careers Focus – Skills Entrepreneurs	Self Confidence and Goals Personal Development and Target Setting Managing Behaviour Mindfulness	Vaping, Nicotine and Addiction Cancer Awareness Personal Safety and First Aid Teen Pregnancy and Parenting	P + D – Disability Homophobia Teens and the Media Online Grooming The Environment
KS3 Year 3	Eating Disorders Body Image – Female Focus Sexual Exploitation Domestic Violence Peer Pressure	British Values Immigration LGBT	Alcohol Drugs Vaccinations, Organ donation and Blood Transfusions Acid Attacks Self-Harm	Access to Education Discrimination Growth Mind-set Stress and Anxiety Selfies	Self-Discipline Workplace skills Finance Consumer Rights Employability	Human Rights Trafficking Young Offenders Knife Crime

Year 10	Grief and Bereavement Suicide Social Anxiety Social Media and Self-esteem Screen Time Study Skills	Managing Time Effectively Living Sustainably Homelessness Hate Crime Tattoos and Piercings Binge Drinking	Career Choice CV's STEM Careers Work Experience Rights and Responsibilities at Work International Women's Day	Criminal Justice System Anti-Social Behaviour Crime, Gangs and County Lines Money Laundering Extremists Overt and Covert Racism Fake News	Conflict Management Forced and Arranged Marriages Harassment and Stalking Revenge Porn Role Models	Same Sex Relationships Gender and Trans Identity Community Cohesion Sexism and Gender Prejudice Parenting
Year 11	Importance of PSHE Identity and Diversity Privilege Obesity and Body Positivity Fertility and Reproductive Health CPR	Perseverance and Procrastination Sleep Risks Gambling Digital Footprints Personal Safety	Body Shaming Types of Relationships Consent, Rape and Sexual Abuse Safe Sex	Animal Rights Pollution and Plastic Globalisation Multiculturalism Right Wing Extremism The Dark Web Cybercrime and Online Fraud	Revision and Study Skills Applying to College and University Independent Living Job Interviews Health and Safety at Work Trade Unions	

The curriculum is adapted for different key stages, so that content is age group appropriate and fully inclusive.

As well as PSHE lessons, the majority of the RSE curriculum is supported and delivered by the Brook Charity, the Sandwell approved provider. Staff are fully trained, experts in their field and work collaboratively with Albright to deliver contemporary and up to date lessons.

All of our policies, as well as the curriculum information above is available on the school website.

Finally, I would like to share the **Here 4 U** sessions with pupils and parents/carers. This is a confidential service for children and young people, comprising of 90 minutes when pupils can speak to a nurse, face to face, without an appointment.

Albright has been allocated the following dates:

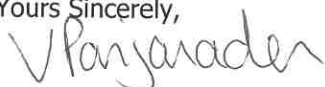
- 3.10.22 @ 10.30am – 12.00noon**
- 3.11.22 @ 10.30am – 12.00noon**
- 9.1.23 @ 10.30am – 12.00noon**
- 1.3.23 @ 10.30am – 12.00noon**
- 2.5.23 @ 10.30am – 12.00noon**
- 1.6.23 @ 10.30am – 12.00noon**
- 3.7.23 @ 10.30am – 12.00noon**

There is an additional Chat Health texting service, that offers advice and support too, that pupils can access directly through the NHS nursing service.

Pupils will be asked to complete a pupil voice on PSHE, in school in the next two weeks. Parents/carers will also be emailed parent voice survey on PSHE imminently.

If you have any questions regarding PSHE or RSE education at Albright Education Centre, then please contact the centre and we will be happy to assist you, if we can.

Yours Sincerely,



Mr V. Panjanaden

Home and Hospital Tuition Co-ordinator

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