



10th September 2025

Dear Year 8 Parent/Carer,

As part of the school's continued development of the RSHE programme across all year groups, we are committed to working in collaboration with parents and carers. We would therefore like to share with you details of the RSHE programme which will be delivered in lessons this academic year.

The Year 8 topics scheduled to be covered will be:

Autumn Term

- Mental Health: Talking about our emotions
- Self-esteem + coping strategies
- Exercising for mental and physical well-being
- Over-coming conflict and finding forgiveness
- Taking responsibility for your physical health
- Healthy eating & cholesterol
- Dental care

Spring Term

- Under-standing drugs incl. county lines
- Alcohol & Risk
- Understanding marriage
- Spotting unhealthy and abusive relationships
- Boundaries, privacy and consent

Summer Term

- Managing risk: looking after your personal safety
- Racial equality
- Gender equality
- Sexuality and gender identity
- Media literacy: interpreting information online
- Developing your leadership skills

Please note that an overview of this information is also available in the Learning Ladders in the curriculum pages on our website. We may sometimes need to make slight changes to our Programme of Study during the academic year, for example, if we feel that a certain topic has become more urgent. We will however ensure that all pre-listed topics are covered.

Parents and carers have the right to see the resources that are used in their child's RSHE sessions. Should you wish to do so, these are currently stored in the Student Share area.

If you have any concerns or feel that support may be needed for your child during these sessions, please do get in touch with the relevant Director of Learning.

Best wishes,

Dave Chapman,
Lead for RSHE