



Friday 13<sup>th</sup> September 2024

Dear Parents and Guardians,

## **Senior School PSHE and The Wellbeing Hub**

It has been wonderful to welcome our students back to a full week of school and it is a delight to see them engage with their learning and each other so positively.

Personal, Social, Health, Economic Education (PSHE) is now delivered by Company Advisers during one Company Time on Wednesday Week A and one lesson on Wednesday Week B. For the Sixth Form, PSHE forms part of their 'Futures' lessons, with their Tutors and the Sixth Form team, and includes support with next step pathways after school. This is to strengthen our relationships-based approach to wellbeing and provide a holistic pastoral approach, allowing more time for students to learn with their Advisers/Tutors.

PSHE lessons underpin wellbeing at St Chris and are carefully planned and delivered according to the guidance from the PSHE Association to ensure that the pupils have a safe space to consider the complexities associated with growing up. PSHE encourages our students to make healthy, positive choices from an informed position and signposts them to safe support and information when needed.

In addition to the timetabled lessons with Advisers, several drop down days have been planned to enrich the learning and to give dedicated space to some of the more sensitive topics. Further information will be sent out in advance of these days.

- II Group (Year 8), 9<sup>th</sup> October: Drugs and Alcohol
- III Group (Year 9), 7<sup>th</sup> November: Peer Influence, Substance Use, Gangs
- I Group (Year 7), 14<sup>th</sup> January: Health and Puberty
- II Group (Year 8), 25<sup>th</sup> April: Identity and Relationships
- IV Group (Year 10), 6<sup>th</sup> May: Healthy Relationships
- III Group (Year 9), 22<sup>nd</sup> May: Intimate Relationships

Each half term, I share what we have been learning in PSHE and a reminder of what the next topic will be through a Sway newsletter, a link can be found on The Roundup.

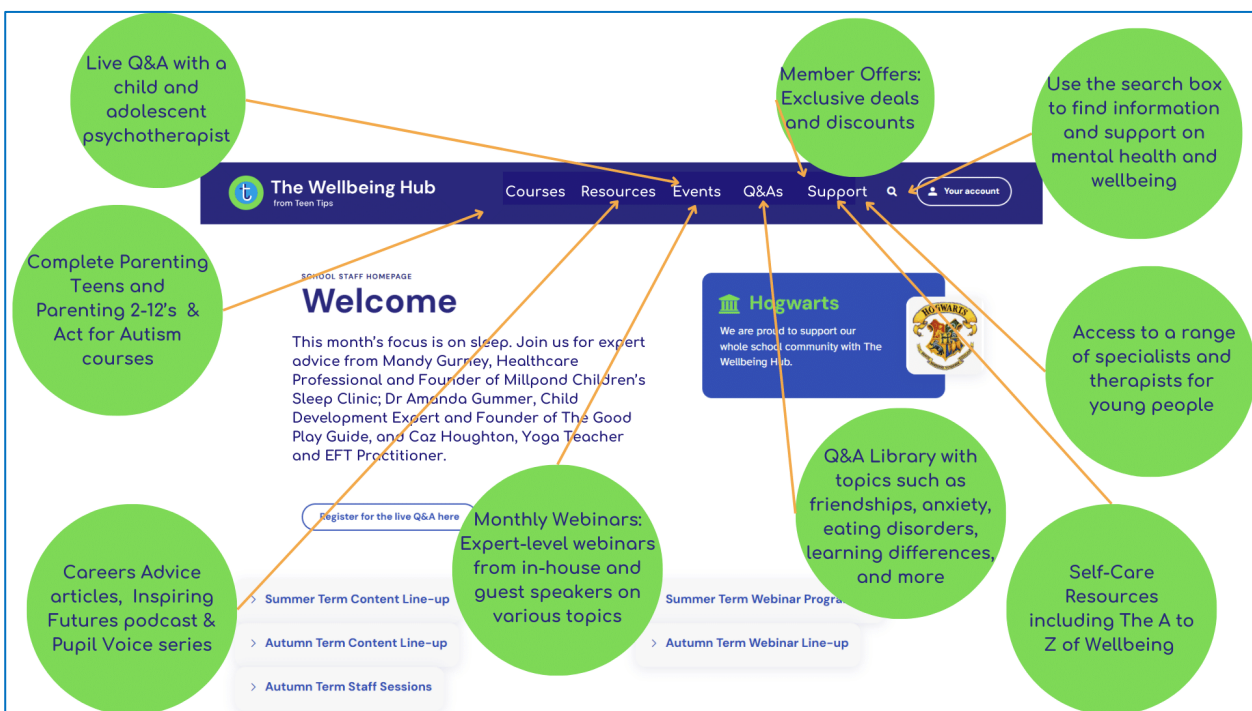
It may be helpful to know that parents/guardians cannot withdraw their child from any aspect of relationships or health education as it is a statutory subject. Following discussion with the school, parents/guardians do have the right to withdraw their child from any or all aspects of sex education, apart from those which are part of science lessons. Three terms before a child turns 16, they can choose themselves to opt back into sex education lessons.



The PSHE and RSE policies are currently under review and I welcome any parent feedback about this. The current policies can be found on our website.

At St Chris, fostering an environment that supports student mental health and wellbeing is a top priority. To help achieve this, we have invested in The Wellbeing Hub, a resource developed by experts in child and adolescent mental health and wellbeing. We are pleased to offer all parents and guardians free access to this valuable resource.

**As a member of The Wellbeing Hub, you will benefit from:**



You can view a guided video tour of The Wellbeing Hub for Parents [HERE](#), and support for downloading the web app to your desktop or phone home screen can be found [HERE](#).

**Accessing The Wellbeing Hub**

You can register by clicking this registration link – <https://club.teentips.co.uk/register/parents/?ca=1ca74a979a95b0b09ab59eff12cd2afc>  
During registration, you'll be prompted to set a password and will receive a welcome email with full details. For any specific queries about access, please contact the team at [info@teentips.co.uk](mailto:info@teentips.co.uk).

All staff and students aged 10+ will also have access to the platform and we will explain how to do this to students over the next few weeks. Parents are encouraged to guide your young people towards resources they may find helpful.



We are excited to offer this enhanced level of pastoral support and hope you find The Wellbeing Hub valuable for you and your family.

I am very happy to discuss any concerns you have about PSHE, please do not hesitate to contact me.

With very best wishes for the academic year ahead,

Lizzie Hedderson  
**Assistant Head (Pupil Development and Wellbeing)**

Links for further information:

- PSHE Association: <https://pshe-association.org.uk/>
- Statutory Guidance on Relationships and sex education (RSE) and health education: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>