



THE BUCKINGHAM SCHOOL

A SPECIALIST SPORTS COLLEGE

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17 December 2018

Dear Parent/Carer,

Year 7 PSHE – Information Report to Parents/Carers

Please find below the key topics and themes we have covered this term, as well as the skills students have developed during this time (September to December 2018) in PSHE. As PSHE is about **personal development**, there are no grades in this subject. Please also see attached a 'Guidance for Parents' document.

Topics covered	Details	Impact of learning	Skills developed
Transition to Secondary School & Growth Mind-set	Students reflected on the move from primary to secondary school. They have explored their worries and have come up with action plans to help them overcome those.	Students realised that their own worries are very similar to those around them. This realisation supported their transition. Students' action plans highlighted that any worry had a solution.	Resilience, Decision Making, Empathy, Coping with Change, Respect for Others, Speaking and Listening
Healthy and Unhealthy Relationships, including peer pressure	Students had opportunities to contemplate what makes a healthy relationship through case studies and their own personal experiences.	Students were able to apply learning into their own behaviour and begin to challenge those who were treating them unjustly.	Clarifying own Values, Empathy and Compassion, Respecting Diversity
Online Safety	Students had opportunities to think about decisions they make online.	Students were able to explore the consequences of decisions they make, specifically online.	Decision making, Respecting Others, Self-Regulation
Healthy Eating and physical health	Students' learning included healthy nutrition, the importance of physical activity and thinking about their own choices in regards to their health.	Students' new learning highlighted to them the areas they can improve on in their own habits. Students made action plans to help them improve their choices.	Enhancing Self-esteem, Self-Regulation, Organisation
Mental Health Awareness	Students explored the difference between mental health and mental illness	Students were able to recognise that mental health can be improved and strengthened.	Resilience, decision making, coping with change, respect for others

Next Steps for further development:

- Develop an understanding of food labels and what those mean
- Reflect on own behaviour in regards to school and lifestyle and create action plans for improvements.

If you have any questions, please contact me on jmandel@buckinghamschool.org.

Yours faithfully

Mr J Mandel
Subject Leader – PSHE

The Buckingham School is concerned that every student should have the opportunity to attend school activities/obtain equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence to Mrs S Gallagher or Mrs K Bones at office@buckinghamschool.org, if you wish to seek assistance, or obtain more information about Pupil Premium funding.

