



THE BUCKINGHAM SCHOOL

A SPECIALIST SPORTS COLLEGE

London Road
Buckingham
MK18 1AT

Tel: 01280 812206

Fax: 01280 822525

Email: office@buckinghamschool.org

Website: www.buckinghamschool.org

Headteacher: Mr A McGinnes

17 December 2018

Dear Parent/Carer,

Year 8 PSHE – Information Report to Parents/Carers

Please find below the key topics and themes we have covered; as well as the skills students have developed during the Autumn Term (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 from the PSHE Association.

Topics covered	Details	Impact of learning	Skills developed
Growth Mind-set, Emotional Well-being & Resilience	Students learnt about the power of 'mind-set' and how this can give them greater control over their own progress as people and students.	Students showed a clear understanding of the fact they can control their own futures and that learning and effort is at the heart of success.	Resilience, Enhancing Self-esteem, Self-regulation, Organisation
Healthy and Unhealthy Relationships / Exploitation / Consent	Students reflected on what makes a healthy relationship through case studies, as well as having opportunities to discuss their own views and thoughts on this issue.	Students gained a deeper understanding of what a healthy relationship should look like and the fact they have every right to stand up to those who are not treating them respectfully.	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
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
Dangers of excessive alcohol consumption	Students learnt about specific health risks which are associated with alcohol. Students have looked at real life cases of people who made unhealthy decisions.	Students understood the impact of substance misuse on their health and their future plans. Students became aware of the power they have in terms of the choices they can make.	Resilience, Decision Making, Managing Risk, Applying Knowledge, Managing Peer Influence, Clarifying own values, Self-regulation

Next Steps and areas for improvements:

- Develop a deeper understanding of how dangerous substances can impact one's future
- Reflect on your mind-set and create an action plan that will focus on specific areas that can be strengthened.

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.

