

1<sup>st</sup> July 2021

Dear Parent/Carer

## PSHE Drop down day – Year 8

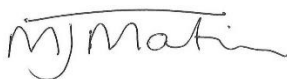
On Wednesday 14th July Year 8 will be taking part in a PSHE day. As part of our responsibility to deliver a full RSE programme, students will explore various areas of relationships and sex education, health education and careers.

As part of this day, students will learn valuable first aid skills and basic life support. The Department for Education recommends that pupils at Key Stage 3 should know how and when to deliver CPR and understand the concept and use of Automated External Defibrillation (AED). We will be following the St John Ambulance key stage 3 guidance and students will learn how to do a primary survey, the recovery position, CPR, and how to use an AED.

During the day, students will also have the opportunity to explore Unifrog, the new careers-based platform we are using as a school. This will allow students the opportunity to see which professions and jobs best suit their personality type and allow them to explore the opportunities and pathways of areas they're interested in.

The year 8 curriculum for sex and relationships education, includes discussing and learning about positive relationships, puberty, sexting and an introduction to contraception. All of these topics are delivered in an age appropriate way. Relationships and Sex Education is a compulsory subject; however, parents do have the right to withdraw their child from the 'sex education' element of this subject after discussion with the school. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom. We hope all students will have the opportunity to take part in our carefully planned lessons to support them in their understanding of what are often relevant and sensitive topics based on recent statistics and data. If you wish for your daughter to be removed from the 'sex education' element of RSE then please complete the relationships and sex education removal [form](#).

Yours sincerely



Megan Martin | PSHE Lead and Careers Lead

Northampton School for Girls

