

September 2019

Dear Parent/Guardian

Your son will be continuing a PSHCE (Personal, Social, Health and Citizenship Education) course this year. There will be 8 modules centred around Citizenship, Relationships, Careers, Mindfulness and Ethics. We believe this course to be an important part of the curriculum as it gives boys opportunities to develop an understanding of themselves and others by:

- exploring attitudes and feelings
- acquiring knowledge and developing skills
- appreciating a range of values
- acknowledging the effects of their actions
- learning to give and receive support

There will be 36 PSHCE lessons throughout the year and in Year 10 the course will include the following themes:

- Citizens and the Law
- Human Rights and Responsibilities
- Crime and Punishment
- Equal Opportunities
- Relationships
- Sex education
- Healthy lifestyle
- Study Skills
- Choices at 16/18
- Future Career Options
- Trends and changes in employment
- Work Experience
- Budgeting
- Mindfulness

We do believe that all the topics covered in PSHCE are of great value and we hope that you and your son will be in agreement. If you do want to enquire about the content of the course, or if you have any questions, please contact me on rag@rgshw.com.

Yours sincerely

Mrs R A Gilyeat
Subject Leader PSHCE