

September 2020

Dear Parent/Guardian

Your son is following a PSHCE (Personal, Social, Health and Citizenship Education) course throughout his school career at the Royal Grammar School. We believe this course to be of great value as it gives boys opportunities to develop an understanding of themselves and others. The course will encourage the following:

- 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 18 PSHCE lessons throughout the Year 8 course. Mindfulness will be explored over ten weeks and in the remaining 8 weeks the following areas will be discussed and explored:

- Physical and Mental Wellbeing
- Managing emotions and resilience
- Radicalisation/Legal and Human Rights
- RSE - Healthy and unhealthy relationships
- RSE - Sex Education, including puberty, conception and contraception.
- Risk taking behaviour: Smoking, Alcohol, Drugs.

Although no homework is set in this subject, we encourage boys to discuss issues with parents. If you have any questions about the course, please contact me on [rag@rgshw.com](mailto:rag@rgshw.com).

Yours sincerely

**Mrs R A Gilyeat**  
**Subject Leader for PSHCE**