



To all Year 10 parents/carers

15 October 2021

Dear parent/carer

**PSHE + RSE Programme**

I am writing to inform you that as part of the Personal, Social, Health and Economic Education (PSHE) programme at Olive AP Academy Thurrock, we are required by law to cover the following RSE (Relationship and Sex Education) Content.

Please see below the topics covered and at which point in the year:

HT 1	Being Safe	The Law - Sexual consent – Exploitation – Abuse - Grooming
HT 2	Physical Wellbeing	Physical and Mental Wellbeing – Lifestyles - Diet
HT 3	Intimate and sexual relationships	Sexual relationships - Trust and Respect - Shared interests – Choice - Reproductive Health
HT 4	Being Safe	Coercion – Harassment - Forced Marriage – FGM - Consent
HT 5	Physical Wellbeing	Weight – Sleep - Sun protection - First Aid
HT 6	Intimate and sexual relationships	Puberty, menstruation – Consent – Pressure – Contraception - Pregnancy and miscarriage – STIs - Alcohol and drugs related to sex

We are holding three drop down days. One each half term. Students will be off timetable for the day and will learn about key topics we feel that our students need to gain further knowledge in. See below the outline for each Drop down day and the different focus points.

**Health and Wellbeing**

	P1	P2	P3	P4	P5	P6
KS3	Fitness	Diet	Meditation	Alcohol and Drugs	Shakes	Resilience building
Year 10	Resilience building	Fitness	Diet	Meditation	Alcohol and Drugs	Shakes
Year 11	Shakes	Resilience building	Fitness	Diet	Meditation	Alcohol and Drugs

## RSE

	P1	P2	P3	P4	P5	P6
KS3	Team work and Communication	Safe sex box	Alcohol box	Smoke box	Life box	Drug Box
Year 10	Team work and Communication	Drug Box	Safe sex box	Alcohol box	Smoke box	Life box
Year 11	Team work and Communication	Life box	Drug Box	Safe sex box	Alcohol box	Smoke box

## Living in the Wider World

	P1	P2	P3	P4	P5	P6
KS3	Guest Speaker	Guest Speaker	Communication	Fast Tomato	Team building	Money Management
Year 10	Virtual Careers	Fast Tomato	Guest Speaker	Guest Speaker	Team building	Money Management
Year 11	CV writing	Virtual Careers	Interviews	Money Management	Guest Speaker	Guest Speaker

We understand that some parents prefer to take responsibility for some of these elements of their child's education and they have the right to withdraw their child from these lessons up until age 15. **Parents who choose to do this should contact me in writing, stating their reasons for the request.**

Our school policy for Relationship and Sex education is also available on our website.

At Olive AP Academy Thurrock, we welcome working collaboratively with parents in order to develop our programmes of study in this area. If any parent would like to know more, I would invite them to contact me directly either by telephone or email so that I can arrange this.

Yours sincerely



Chris Reilly  
Assistant Headteacher and Head of PSHE + RSE