



# Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Principal: Mrs Jenny Rankine M.Ed LLCM

Lode Road, Bottisham  
Cambridge CB25 9DL  
Tel: 01223 811250  
www.bottishamvc.org  
enquiries@bottishamvc.org



MGR/bg

October 2023

Dear Parent/Carer

As we settle into a new school year, I'd like to take this opportunity to introduce myself as the PSHE coordinator at Bottisham Village College. PSHE stands for personal, social, health and economic education. PSHE is studied by all students from Year 7-11 and students have one lesson per fortnight. This is primarily taught by their form tutors.

Our curriculum at Bottisham covers a variety of statutory areas, including relationships and sex education, health education and citizenship. It is planned alongside the guidelines from the PSHE association and takes into account students' age and needs. There are three main strands to our curriculum- Health and Wellbeing, Relationships and Living in the Wider World. All students this year have begun with either Health and Wellbeing or Relationships.

The plan for what students are studying this term is below. As always this is subject to change.

Year Group	Topic
Year 7	Topic 1 Introduction to PSHE and Making Friends <i>Dealing with change, managing emotions, friendships and safety online, conflict resolution, building friendships</i> Topic 2 Managing Change <i>Managing puberty, periods and emotional change, influences on mental health, including social media, recognising inappropriate content</i>
Year 8	Topic 1 Positive Mental Health <i>Resilience, self esteem and confidence, healthy and unhealthy coping strategies, attitudes towards mental health</i> Topic 2 Healthy Relationships and Social Media <i>Identifying personal values, dealing with strong emotions, difference between sex, gender and sexuality, social media and its effect on body image, choosing what to share online, introduction to the harms to pornography</i>
Year 9	Topic 1 Healthy Lifestyle <i>Link between physical and mental health, influences on mental health, positive coping strategies, health services like dental health and sun care, self examination and vaccination</i> Topic 2 Maturing Relationships and Risks <i>Dealing with sexual attraction, resolving disagreements in a relationship, recognising coercion and emotional abuse, dealing with breakups, divorce and bereavement, impact of discrimination</i>
Year 10	Topic 1 Healthy Relationships <i>Recap of healthy and unhealthy relationships, including manipulation, coercion and exploitation, ethical and legal implications of consent, impact of pornography and sharing sexual images, intimacy in relationships</i> Topic 2 Addressing Extremism and Radicalisation



# Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Lode Road, Bottisham

Cambridge CB25 9DL

Tel: 01223 811250

www.bottishamvc.org

enquiries@bottishamvc.org

Principal: Mrs Jenny Rankine M.Ed LLCM



	<i>Equality Act, diversity, social media and misinformation, managing conflicting information, safely challenging discrimination, recognising and responding to extremism</i>
Year 11	<p>Topic 1 Building for the Future <i>Seeking support for mental health issues, causes of stress and how to manage to stress, balancing time online, importance of sleep</i></p> <p>Topic 2 Post-16 Options <i>Application process, post-16 and post-18 pathways, personal statements, interview techniques, managing work/life balance, overdrafts, student finance</i></p>

We recognise that PSHE sometimes teaches sensitive topics and you can find resources at the bottom of this letter to support you with any conversations that you might wish to have with your child about them.

Best wishes,

**Miss M Goldman Roberts**  
**PSHE Coordination**

Young Minds <https://www.youngminds.org.uk/>

Papyrus <https://www.papyrus-uk.org/>

Childline <https://www.childline.org.uk/>

Form the Future <https://www.childline.org.uk/>

CPR <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life>

Think! Road Safety <https://www.think.gov.uk/road-safety-laws/>

Winstonwish <https://www.winstonwish.org/>

NHS organ donation <https://www.organdonation.nhs.uk/>

Think You Know <https://www.thinkuknow.co.uk/>