



Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Principal: Mrs Jenny Rankine M.Ed LLCM

Lode Road, Bottisham

Cambridge CB259DL

Tel: 01223 811250

www.bottishamvc.org

enquiries@bottishamvc.org



AG/bg

September 2026

Dear Parent/Carer

PSHE in Year 7 – 2026–2027

Summary of Actions	Deadline
For Information.	N/A

We are writing to let you know about the Personal, Social, Health and Economic (PSHE) education your child will receive during Year 7.

PSHE is an important part of our curriculum. It helps students develop the knowledge, understanding and skills they need to look after their health and wellbeing, build positive relationships, keep themselves safe and prepare for life beyond school.

Some elements of our PSHE curriculum fall within **Relationships and Sex Education (RSE) and Health Education**. In England, RSE is a statutory requirement for pupils in secondary education, and Health Education is a statutory requirement in state-funded schools.

Our lessons are carefully planned to be age-appropriate and are delivered sensitively by form tutors who know their students well. Where topics may feel personal or sensitive, discussions are handled respectfully and students are not expected to share personal experiences.

Relationships

During Year 7, students will explore:

- How to build positive friendships and maintain healthy relationships
- Dealing with setbacks and challenges within friendships
- Safe and respectful online friendships
- Changes that happen during adolescence and puberty
- Personal hygiene and looking after themselves
- How people should be treated with respect
- Working effectively as part of a team

These lessons help students understand the importance of kindness, respect, communication, boundaries and treating others fairly.

Keeping Safe

Students will consider:



Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Principal: Mrs Jenny Rankine M.Ed LLCM

Lode Road, Bottisham

Cambridge CB259DL

Tel: 01223 811250

www.bottishamvc.org

enquiries@bottishamvc.org



- Looking after their physical and mental wellbeing
- The benefits of exercise
- Healthy diet and sleep
- The risks associated with smoking and vaping
- Staying healthy and safe when away from home, including during camp and the summer holidays
- Recognising unsafe or unreliable information online

We will also help students develop the confidence to make safe choices and know when and how to seek support.

Living in the Wider World

Students will learn about:

- Democracy and how it works
- How to spot fake news and assess information
- Teamwork and participation
- Managing money, including budgeting
- Different payment methods
- Gambling, debt and the risks associated with loot boxes and similar activities

The aim is to help students become increasingly independent, responsible and informed members of their community.

When will this be taught?

PSHE is taught throughout the academic year rather than as one single block. Relationships and health-related topics are spread across the year, alongside units on keeping safe and living in the wider world. The precise timing may change slightly to reflect the needs of the year group and the wider school calendar.

Supporting your child at home

You may find it helpful to talk with your child about the themes being covered in PSHE. You do not need to have all the answers; short, informal conversations can often be the most useful.

Two useful organisations for parents and carers are:

- **Brook – RSE at Home:** guidance and resources to help parents talk to children about relationships, growing up, health and RSE. [Brook – RSE at Home](#)
- **NSPCC – Healthy Relationships:** advice for parents on healthy and unhealthy relationships, consent, online relationships and having conversations with children. [NSPCC – Healthy Relationships](#)

We hope this gives you a helpful overview of the PSHE programme for Year 7. If you have any questions about the curriculum or a particular topic, please contact the school.



Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Principal: Mrs Jenny Rankine M.Ed LLCM

Lode Road, Bottisham

Cambridge CB259DL

Tel: 01223 811250

www.bottishamvc.org

enquiries@bottishamvc.org



We would also like to invite parents and carers to read our draft RSHE policy, which is available on the school website, and to share any comments or feedback with us by the end of next week (18 September). We value your views and welcome your feedback as we finalise the policy; if you have any comments or questions then please e mail office@bottishamvc.org. There are also some sample resources on the website.

Yours sincerely,

Mr A Gee

Deputy Principal