



September 2023

Dear Parent/Carer,

Personal, Social, Health and Economic Education (PSHE) forms part of our offer around health, wellbeing and Character & Culture development. It is a fully planned curriculum programme, delivered through timetabled lessons in Year 7-10 with additional sessions in tutor time for all Year Groups. It builds and develops knowledge each year, introducing new age-appropriate issues and relevant topics. In our last inspection, Ofsted concluded that the programme contributes, '*... very well both to pupils' welfare and to preparing them for their future lives... with excellent provision for pupils' spiritual, moral, social and cultural development*' and that the promotion of '*pupils' personal development and welfare is outstanding*' (Ofsted, 2017).

Students will undertake a range of modules including emotional wellbeing, physical health, equality and diversity, social and cultural issues, bullying, online safety, environment, the law and substance awareness. Materials have been developed using resources from specialist sources such as The Tackle Homophobia Project, SHARHP (a clinically evidenced alcohol awareness project), Smart Moves Emotional Resilience, NHS Smoking Cessation, Home Office Democracy Project and Lloyds Money for Life. The full programme can be found on the school website- : <https://seafordhead.org/our-education/pshe-wellbeing/>

We have made the decision to run PSHE as a core subject, but without accreditation to ensure the students get the most from their learning experience without the pressures of an exam. The modular assessment process within PSHE ensures that students reflect and consider their development of knowledge, reasoning, skills and understanding. These self-reflective grades are combined with teacher assessment and will appear in student academic reports as a percentage and inform our curriculum delivery and development. Last academic year over 99% of learners were able to identify consent in relationships with other aspects around wellbeing and substance misuse receiving similarly high percentages of awareness and understanding. This academic year PSHE will not appear in PCE appointments, however we will be running a series of workshops exploring key themes within the curriculum. These bookable events, alongside others around mental health, wellbeing and SEND will be made available during this term.

As part of the school's PSHE programme every Year 7-11 student will receive Relationships, Sex and Health education (RSHE) input. Age-appropriate materials have been developed in line with the government endorsed PSHE Association curriculum and in line with new statutory guidance that came into effect in September 2020. We also use specific resources created within East Sussex via the PSHE Hub and Public Health. Information regarding RSHE can be found on our website, in our new RSHE policy, and the statutory DfE guidance can be found on the government website-: DfE [Link](#)

At Seaford Head School, we recognise the importance of high quality RSHE which supports young people to lead safe and healthy lives into adulthood. RSHE is an entitlement for all young people. We believe that its delivery should be inclusive, taking into account young people's protected characteristics, learning

## Seaford Learning Trust

Mr R Ellis, Headteacher

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needs, health, culture, individual and family circumstances. RSHE at Seaford Head School will seek to enable young people to develop knowledge, gain information and explore attitudes and values.

We firmly believe that RSHE is most effective when provided in a wider context of social and emotional development and therefore our programme places the emphasis upon relationships, and supports pupils' understanding and skill in developing positive and healthy relationships alongside sex, sexuality, sexual orientation and sexual health. It is not about the promotion of sexual orientation or sexual activity. RSHE follows a spiral curriculum, as recommended by the DfE, PSHE association and Sex Education Forum. This means key areas, such as healthy relationships, peer pressure and consent, will be revisited throughout the students' experience in an age-appropriate manner, providing timely and age appropriate information about their bodies and relationships, so that they can make their transition into adulthood with the confidence and knowledge to understand what is happening to them, and hopefully grow into confident and healthy adults able to make positive choices.

Specialist workshops and assemblies will be delivered throughout the course of the year to complement the existing programme. Working with Public Health, we continue to lead on county wide projects that will see all secondary schools receive a package of lessons and workshops around Harmful Sexual Behaviours (HSB) and other RSHE topics.

During the course of the academic year, students in Year 11 will undertake specific sessions around the C Card scheme that have been developed and will be facilitated by staff trained in sexual health delivery.

The East Sussex C-Card scheme is a free and confidential co-ordinated condom distribution network for young people aged 13 – 24 years in East Sussex. It aims to provide quick and confidential access to condoms, supported by evidence based, accurate contraceptive and sexual health information, and sign posting to comprehensive contraceptive and sexual health services.

The scheme has been established in East Sussex for a number of years and currently includes providers from a wide range of organisations and sectors. To register for a C-Card, a young person must go through a process of induction who has assessed their suitability for the scheme. The young person then receives their C-Card with a personal registration number, entitling them to free condoms at any of the distribution or 'Pick Up' points displaying the C-Card logo – including a number of GP surgeries, pharmacies and other community venues. Seaford Head School operates as a registration only centre for students in Year 11 and does not distribute condoms to students other than those in Year 12-13.

All of the work delivered in PSHE lessons will be enhanced by the ongoing social and emotional education that is imbedded across our curriculum and through our pastoral support system. The school regularly engages with external agencies and partners to ensure the welfare and wellbeing needs of our students is met to the best of our ability. In addition to the educational delivery around health we have an extensive support provision within the school to support students physical and emotional wellbeing, further details of which can be found here-: <https://seafordhead.org/parents/supporting-your-child/>. We have a tiered approach to support young people, making sure we can give the right support at the right time. For targeted and enhanced support, students are usually referred in by year group teams, but students as well as parents and carers can also email [health@seafordhead.org](mailto:health@seafordhead.org) to get support for their child. If you are concerned about the wellbeing of your child around the issues mentioned in this letter or any other

health and wellbeing aspects, please don't hesitate to get in contact with the school initially via the year group teams.

As part of the ongoing reflection and planning process of PSHE we regularly consult students to ensure the programme meets their needs. We also would like to gain regular parent and carer views on PSHE and as such have an ongoing survey open for you to access at any point: [Survey Link](#)

If you have any questions about PSHE, health or student Wellbeing at Seaford Head School please visit our website for more information, contact your child's Head of Year or myself.

Yours faithfully



**Mr Sam Whittaker**

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