

March 2026

Year 7-13 PSHE Drop-down session 10/03/26.

Dear Parent/Carer,

We hope you and your family are well at this time.

As part of your child's education at Cardinal Newman Catholic School, we promote personal wellbeing and development through our comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

As part of the curriculum, students across Year 7 to 13 are currently completing work on Health and Wellbeing covering topics such as keeping yourself safe online, developing good friendships, peer pressure and the impacts of substance use. Pupils have opportunities to ask questions which are answered factually and, in an age-appropriate manner. Each pupil's privacy is respected, and no one is asked to reveal personal information.

PSHE education is taught across all key stage 3, 4 and 5 through our pastoral programme but we have included a drop-down session for each half-term throughout the academic year to ensure all students have accurate information to be able to keep themselves safe as they progress through life.

The next whole school PSHE drop-down session will take place on Tuesday 10th March during tutor and period 1. The topics that will be explored during this morning are:

Year group sessions:

Year Group	Drop-down Session / Topic
7	Loudmouth (External agency) - more information found here: PSHE Workshop: Online, Homophobic & Sexist Bullying
8	Talk from 'Shout Out UK' (External Agency on Disinformation through Political and Digital Literacy - Shout Out UK - The home of political literacy and youth voice
9	Careers Choices (UniFrog software) - CV writing.
10	CPR & Defibrillator Training.
11	Revision strategies/techniques - Preparing for Summer Examinations.
Post-16	Personal Budgeting – Risks of borrowing money.

You can also visit the school's website - [Cardinal Newman Catholic School - PSHE](#) for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

As a school community, we are committed to working in partnership with parents/carers. If you would like to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home then please get in contact with Mr Abbott (PSHE Lead) – jamie.abbott@hccmac.co.uk

Yours faithfully



Ms. E O'Connor
Headteacher



Mr J Abbott
Associate Assistant Headteacher

