



St. Anthony's Girls' Catholic Academy

A Mercy Academy committed to excellence

Mrs F. Craik
Acting Executive Headteacher

Mrs C. Hammill
Acting Head of School

Sr. M. Josepha
Chair of Governors

St. Anthony's Girls' Catholic Academy, Thornhill Terrace, Sunderland SR2 7JN.
Telephone 0191 565 8904 Email enquiries@st-anthonys-academy.com
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Friday 18th February 2022

Dear Parent/Carer,

As a part of your child's education at St. Anthony's Girls' Catholic Academy, we have always promoted personal wellbeing and development through a comprehensive programme of CEIAG (Careers Education, Information and Guidance) lessons. This curriculum covers all topics in relation to higher education routes, apprenticeships, university etc. It also covers relevant knowledge about the workplace such as health and safety and discrimination at work. These lessons are weekly; in addition, they include topics from our PSHEe (Personal, Social, Health and Economic Education) curriculum. An example of some of the topics include:

- Personal- dangers of drugs and alcohol, road safety, safety in the home etc.
- Social- prejudice and discrimination, British Values, knife crime, gangs etc.
- Health- sleep, health diet, exercise etc.
- Economic- Budgets, dangers of gambling etc.

I am taking this opportunity to write to you following information shared with families in September 2020 and recent updates we have shared concerning our Relationships and Sex Education provision; this is to affirm that as of September 2021 we have been delivering the revised statutory content for Relationships, Health and Sex Education (RHSE). Schools are required to deliver this revised content under the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, where Relationships Education is compulsory for all pupils in both a primary and secondary settings.

Since we have revised the provision to reflect these statutory changes your child has been taking part in a range of sessions which will focus on the relationships and sex education (RHSE) aspect of this programme. RHSE lessons are age appropriate and will include; healthy relationships, including friendships and intimate relationships, families, growing and changing including puberty; personal hygiene, changing feelings, becoming more independent, keeping safe and consent, developing self-esteem and confidence. There is also discussion about online safety, sexting, contraception and the dangers of accessing/being exposed to inappropriate content online.



The Sunderland Young People's
Anti Bullying
Charter Mark

Registered in England No. 7968898.



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All resources are adapted and co-ordinated to be both informative and relevant but in keeping with the trust's Catholic Ethos, all topics are approved by the Catholic Education Service. Many of the topics are included in the PSHEe curriculum and so delivered during CEIAG lessons, however, those that are not are taught as part of a separate RHSE scheme of work. At present, this is delivered by our RHSE/PSHEe co-ordinator as a drop down day to year 7,8 and 9, while year 10 and 11 are allocated 6 one hour session over the course of the academic year. The next drop down day will be an additional day for year 9, it will cover the remaining RHSE topics but also some First Aid and CPR training, this will be in July.

We have worked closely with the diocese and other schools within Bishop Chadwick Education Trust to prepare these lessons. All documentation for PSHEe and RHSE is available on the academy website, there is also advice for parents to help in discussing topics related to these subjects.

If you have any questions please do not hesitate to get in touch with myself, or any pastoral leaders who will be happy to help.

Yours faithfully,

Mrs Helen Hoey
PSHE Coordinator



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