GUISELEY SCHOOL

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Dear Parent/Carer

Y12 PSHE Curriculum

Students are continuing with their PSHE curriculum and I am writing to update you on the topics Year 12 will be studying in PSHE in the coming weeks. Year 12 will be focusing on **mental health, emotional wellbeing, and diversity** and will be taught:

- how to manage a work-life balance, including study, leisure, exercise, sleep and time online
- strategies to promote mental health and emotional wellbeing
- stress management strategies about the signs of emotional or mental ill-health
- how, when and why to access appropriate support and treatment
- about the effects on body image and self-esteem, of idealised images of bodies and pressure to conform
- strategies to manage influences on body image
- how to manage influences and risks relating to cosmetic and aesthetic body alterations – all genders
- diversity and inclusion
- challenging prejudice and discrimination

PSHE involves both written work and group-based discussion work, and we really hope your child will enjoy exploring the range of topics that PSHE offers. Resources that we use are sourced from the PSHE Association and therefore approved by the Department for Education.
If you have any questions or queries relating to the PSHE curriculum, please do not hesitate to get in touch at: info@guiseleyschool.org.uk. The resources below may also be useful for you to discuss the work we do in PSHE with your child/ren at home:

- https://d1uw1dikibnh8j.cloudfront.net/media/11398/secondary-parents-leaflet-final-proofed-april-2020.pdf
- https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/for-self-care/
- https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/
- https://www.mindmate.org.uk/whats-in-leeds-for-me/16-to-18/
- https://www.mindmate.org.uk/coping-common-issues/self-image/
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/370677/Body_image_final_17.10.14.pdf

Yours sincerely

Mr S Lord
Curriculum Leader - PSHE

ALPT
Artsmark Platinum Award
Awarded by Arts Council England