



## **Subject: Y11 PSHE Curriculum**

Dear Parent/Carer,

Students are continuing with their PSHE curriculum in lessons this term. I am writing to update you on the topics Year 11 will be studying in PSHE in the coming weeks. This half term, Year 11 will be focusing on **building for the future** and will be taught:

- How to manage the judgement of others and challenge stereotyping
- How to balance ambition and unrealistic expectations
- How to develop self-efficacy, including motivation, perseverance and resilience
- What is democracy and how does it compares with other countries?
- What is the difference between local, regional and international government and their powers?
- The importance of casting a vote
- How to maintain a healthy self-concept, especially in relation to school work
- Effective revision techniques and strategies
- The nature, causes and effects of stress
- Stress management strategies including healthy sleep habits
- How to balance time online
- Positive ways to create content online and the opportunities this offers

PSHE involves both written work and group-based discussion work, and we really hope your child is enjoying 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](mailto: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://www.bbc.co.uk/bitesize/articles/ztxk6rd#z8hyqyc>
- <https://www.guiseleyschool.org.uk/students/revision>
- <https://www.annafreud.org/on-my-mind/self-care/revision/>
- <https://www.annafreud.org/on-my-mind/self-care/sleep/>
- <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/preparing-exams/>

Yours sincerely,

Mr S Lord

Curriculum Leader - PSHE