

Clare Mount Specialist Sports College

PSHE- Spring Term 2 Newsletter 2026



February 2026

Dear Parents and Carers,

We hope you and your family had a lovely half-term break.

Our Curriculum This Half Term

As part of our spiral PSHE curriculum, students will be focusing on the theme **“Healthy Me”**. This unit encourages pupils to take accountability for their own health and wellbeing, and to consider the choices that they are making for their long-term physical and mental health.

The focus for each year group is outlined below:

- **Year 7** – Mindfulness; nutrition and exercise; the importance of sleep; how stress impacts our health; and the importance of social connections.
- **Year 8** – Supporting myself and my health; dental health; risky substances and drugs; vaccination choices.
- **Year 9** – Changes the teenage brain is experiencing; how drugs and alcohol impact the teenage brain; risky behaviour; lifesaving skills and mental health first aid.
- **Year 10** – Health MOT; extraordinary minds and bodies; STIs and sexual health.
- **Year 11** – Gender diversity and sexuality; staying safe in a sexual relationship; contraception and sexual health; pregnancy and choice; Fertility, IVF and Miscarriage.

Working Together

As always, if you would like support in discussing any of these topics at home, or if you would like further information, please don't hesitate to get in touch.

Best wishes,

Mrs H. Jones

PSHE Subject Lead

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