

Clare Mount Specialist Sports College

PSHE- Spring Term 1 Newsletter 2026



January 2026

Dear Parents and Carers,

We hope you and your family had a peaceful Christmas break.

[Our Curriculum This Half Term](#)

As part of our spiral PSHE curriculum, students will be focusing on the theme **“Dreams and Goals”**. This unit encourages pupils to reflect on their aspirations across their personal, academic and future professional lives.

The focus for each year group is outlined below:

- **Year 7** – Hopes and Dreams, creating a vision board for the future, coping strategies, understanding risk and belonging.
- **Year 8** – Long-term goals, the importance of money, online safety and understanding the impact of our digital footprint.
- **Year 9** – Personal strengths and skills, the power of planning, looking after our mental health and recognising media manipulation.
- **Year 10** – Relationship goals, physical and mental health, work/life balance, health goals, blood and organ donation.
- **Year 11** – Managing anxiety, money and debt, resilience when things go wrong, my future relationships and parenthood.

[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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