

# Clare Mount Specialist Sports College

## PSHE- Summer Term 1 Newsletter 2026



**April 2026**

Dear Parents and Carers,

We hope you and your family had a lovely Easter break.

### Our Curriculum This Half Term

As part of our spiral PSHE curriculum, this half-term our students will be focusing on “**Relationships**”. This unit is designed to support our young people in understanding what healthy relationships look like, how to keep themselves and others safe, and, where appropriate, the legal aspects and consequences linked to relationships.

The focus for each year group is outlined below:

- **Year 7** – Understanding what makes a healthy relationship, including friendship. Strategies to manage and resolve conflict, navigating online relationships, including what is appropriate to share and setting and respecting personal boundaries.
- **Year 8** – Challenging negative self-talk, the importance of self-worth, understanding personal space and boundaries and ways to stay safe in both the physical world and online.
- **Year 9** – Equality in relationships, developing assertiveness and understanding the importance of the word ‘no’, exploring the impact of pornography, understanding the consequences of sexual activity, including STIs.
- **Year 10** – Characteristics of healthy relationships, coping with the end of a relationship, being discerning online, understanding image-based abuse and its legal consequences.
- **Year 11** – Self-worth and its role in relationships, exploring intimate romantic relationships, learning about 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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