

Autumn 1 2026 – Blue Coat School

PSHE newsletter



New Statutory RSHE Guidance

This September marks an exciting time for PSHE at Blue Coat, as the Government's new statutory Relationships, Sex and Health Education (RSHE) guidance comes into effect.

Over the past year, we have carefully reviewed and updated our PSHE curriculum in preparation for these changes. The new guidance reflects some of the challenges young people face today and strengthens education in areas including healthy relationships and consent, online safety, AI and emerging technologies, mental health and wellbeing, sexual harassment and misogyny, menstrual and physical health, and keeping safe.

As a Church of England school, our approach to PSHE and RSHE is also rooted in the Christian character and values of Blue Coat. Our school vision, "Living life in all its fullness" (John 10:10), is central to our curriculum. We want students to develop the knowledge, confidence and understanding they need to build healthy relationships, make informed choices, respect themselves and others, and flourish as individuals.

Parents and carers will see some new and updated content across our PSHE curriculum, with topics introduced at an age appropriate stage and revisited as students mature. We aim to provide students with accurate information within a safe and respectful environment, while encouraging thoughtful discussion and ensuring they know how to recognise risks and access support.

We are really pleased with the developments we have made to PSHE at Blue Coat and look forward to continuing to work in partnership with parents and carers to help every student live life in all its fullness.

If you have any questions, please contact Miss S Clemo (head of RE and PSHE).

Supporting PSHE at home

We recognise that many of the topics explored through PSHE do not stop at the classroom door. Conversations at home can play an important role in helping young people develop confidence, make informed choices and navigate some of the challenges they may face as they grow up.

Below are a selection of trusted resources for parents and carers, offering information and practical guidance on topics including relationships, mental health and wellbeing, online safety and RSHE.

YoungMinds: Parent Guides

Their parent hub includes practical guidance on anxiety, low mood, self harm, eating disorders, social media, school anxiety, anger, self esteem and accessing mental health support.

[YoungMinds: Parents' A to Z Mental Health Guide](#)

NSPCC: Online Safety

Helpful guidance for parents around social media, gaming, harmful content, sharing images, livestreaming, parental controls and reporting concerns online.

[NSPCC: Online Safety Advice and Resources](#)

Brook: Parents and Carers

Designed specifically to help parents navigate relationships and sex education and have conversations at home. It includes information about RSE in school, FAQs and advice about talking to young people about relationships and sexual health.

[Brook: RSE Information for Parents and Carers](#)

Tips for talking about PSHE topics at home

Conversations at home can help young people make sense of the topics they explore through PSHE. They do not need to be formal or planned. Often, the most useful conversations happen naturally.

- Choose the right moment. Conversations can feel easier while travelling, cooking, walking or watching TV together rather than sitting down for a formal discussion.
- Ask open questions. Try questions such as “What do you think about that?”, “Why do you think people might see it differently?” or “What would you do in that situation?”
- Listen before responding. Give your child time to explain their views, even when you disagree. This helps keep conversations open as they get older.
- It is okay not to know everything. You can look for reliable information together rather than feeling you need to have every answer.
- Use everyday opportunities. News stories, television programmes, social media and situations involving friends can provide natural opportunities to discuss relationships, health, online safety and decision making.
- Avoid making assumptions. Asking what your child already knows or has heard can be a useful starting point and can help identify misinformation.
- Keep conversations ongoing. Topics such as relationships, consent, mental health and online safety are often better discussed little and often rather than through one big conversation.
- Remind them where support is available. Encourage your child to speak to a trusted adult at home or school if something is worrying them, and make sure they know that asking for help is always appropriate.

Autumn 1 PSHE topics – KS3

Year 7	Year 8	Year 9
Emotional wellbeing managing change and transition: This unit helps students transition to secondary school, set learning goals and develop social and emotional skills. L1 – Thriving in secondary school L2 – Staying safe in secondary school L3 – Managing emotions and reactions L4 – Resolving conflict	Health and wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep. L1 – Healthy lifestyle (healthy diet, dental hygiene, and hygiene) L2 – Healthier sleep habits L3 – Physical activity and mental wellbeing L4 – Introduction to managing health (including vaccinations, Gillick's competence)	Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations. L1 – Mental health conditions, and body image L2 – Mental health stigma and healthy masculinity L3 – Managing strong emotions, disappointment and set backs L4 – Healthy and unhealthy coping strategies
How Parents Can Help With Secondary School Transition Young Minds Keeping children safe outside the home NSPCC Anger Parents Guide To Support Young Minds Challenging Behaviour Parents' Guide To Support Young Minds	Children's teeth – NHS Sleep and tiredness – NHS Physical activity guidelines for children and young people – NHS NHS vaccinations and when to have them – NHS Gillick competence and Fraser guidelines NSPCC Learning	Body image Mental Health Foundation Find information and support Mental health Mind Parents Mental Health Support Advice for Your Child Young Minds

Autumn 1 PSHE topics – KS4 and KS5

Year 10	Year 11	Year 12	Year 13
Independence, health choices and wellbeing This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4 L1 – Menstrual wellbeing (including endometriosis and PMOS (previously PCOS)) L2 – Self checks and examination (including breast and testicular cancer) L3 – Health choices – blood, organ, and stem cell donation. L4 – Becoming independent in health choices (including vaccinations, Gillick's competence) Note: this unit is classed as health education and therefore cannot be withdrawn from	Safe relationships, sexual health, pregnancy and fertility This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, and make informed decisions about sexual health. This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy. L1 – Unhealthy relationships – including relationship abuse L2 – Contraception and condom use L3 – Pregnancy and fertility L4 – Pregnancy outcomes and choices Note: lessons 1, 3 and 4 classed as relationship and health education and therefore cannot be withdrawn from	Physical and mental health and wellbeing In this unit, students explore ways to maintain physical and mental health, as well as developing strategies for coping with challenges and changes as they become more independent. L1 – Thriving in post 16 education L2 – Managing health independently L3 – Managing sleep independently L4 – Self checks (including skin, breast, and testicular checks) Note: this unit is classed as health education and therefore cannot be withdrawn from	Next steps In this unit, students research post 18 options and plan their next steps, including applying for university, apprenticeships, or job opportunities. L1 – Exploring post 18 pathways L2 – University and apprenticeship applications L3 – Preparing for employment
Endometriosis UK Support, Info & Advocacy for Endo Polyendocrine metabolic ovarian syndrome (PMOS) – NHS How to check your breasts or chest – NHS Talking to children about cancer Cancer Research UK Organ donation and transplantation - NHS Blood and Transplant	Healthy relationships NSPCC Methods of contraception – NHS Sex Ed: What parents and carers need to know – Brook	How to check your breasts or chest – NHS School Anxiety and Refusal Parent Guide to Support Young Minds How to sleep better Mental Health Foundation Talking to children about cancer Cancer Research UK	Parent, Carer and Guardian Guide UCAS Become an apprentice: How apprenticeships work - GOV.UK Careers advice - job profiles, information and resources National Careers Service