PSHE NEWSLETTER

PERSONAL • SOCIAL • HEALTH • ECONOMIC

Autumn 2 2026

Our updated PSHE curriculum has got off to a positive start this term at Blue Coat. Following a careful review over the past year, it has been encouraging to see the changes taking shape in lessons, helping students explore the issues that matter in their lives.

The curriculum includes new and updated content on healthy relationships and consent, online safety, AI and emerging technologies, mental health and wellbeing, challenging sexual harassment and misogyny, menstrual and physical health, and keeping safe.

As a Church of England school, our approach remains rooted in our Christian character and values. Our vision, "Living life in all its fullness" (John 10:10), guides our work to help students build healthy relationships, make informed choices and treat themselves and others with respect.

Topics are introduced at an age-appropriate stage and revisited as students mature. Lessons provide a safe and respectful space to ask questions, consider different perspectives and learn where to turn for support.

We are pleased with how the updated curriculum is developing and look forward to continuing to work with parents and carers throughout the year.

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.

KS3: Autumn 2 PSHE topics

Year 7	Year 8	Year 9
Friendship and bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents. L1 – Friendships and empathy L2 – Bullying and bystanders (including online bullying) L3 - Coercive friendships L4 – Ending friendships	**Personal safety and managing risk** This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, drugs and alcohol, and basic first aid. L1 – Road safety L2 – Water safety L3 – Basic first aid and CPR L4 – Introduction to drugs – caffeine and energy drinks	**Careers and future choices** This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future. L1 – Exploring future careers L2 – Managing online reputation L3 – Preparing for KS4 options L4 - Career industries and working patterns
Good-Childhood-Friendship-Guide-Adults.pdf Bullying I Parents Guide to Support I Young Minds The impact of coercive control on children and young people I NSPCC Learning How to Help Kids Through a Friendship Breakup - Child Mind Institute	FirstCar launches combined Young Driver's and Parent's Guide for 2026/27 Parents Resources I Royal Life Saving Society UK (RLSS UK) First aid advice I St John Ambulance Drugs & Alcohol I Mental Health I Guide For Parents I Young Minds resolv_parents_guide.pdf	How to help your teen choose their school subjects: A checklist for parents - BBC Bitesize Parents Advice for Career Conversations - Talking Futures Advice to protect online reputation for kids I Internet Matters Careers advice - job profiles, information and resources I Get careers information and advice

KS4 & KS5: Autumn 2 PSHE topics

Year 10	Year 11	Year 12	Year 13
Navigating the online world This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images. L1 – How AI affects our daily lives L2 – Social media algorithms and body image L3 – Chatbots and relationships L4 - Harms of sharing of nudes and deepfakes Note: this unit is classed as relationship 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	**Work, study and careers** In this unit, students explore the range of post-18 pathways available, developing knowledge and skills to help them evaluate options and make informed choices about the future. L1- Preparing for employment - rights in the work place L2 – Harassment in the work place (including sexual harassment) L3 – Post 18 pathways	**Independence and personal safety** In this unit, students learn how to assess and respond to risk, injury and illness, and manage personal safety in contexts where they are increasingly independent. L1 – Keeping safe: travelling in the UK and abroad L2 – Being a responsible driver L3 – Importance of insurance (including motor and travel insurance)
Talking to children about AI	NSPCC Body image | Mental health support | Young Minds Talk to your kids about AI chatbots with NSPCC's top 10 tips Talking with Teens About AI Deepfakes and Explicit Content | Common Sense Media	Healthy relationships | NSPCC Methods of contraception – NHS Sex Ed: What parents and carers need to know – Brook	Check your rights at work if you're under 18 - Citizens Advice Harassment - Discrimination at work – Acas Post 18 options | Get careers information and advice	The 17 things to tell your teen before their first holiday without you Tips on talking to teens | Brake Insurance Europe Educating driving students on motor insurance | MIB

PSHE in the news

1. Snapchat changes to help protect young users

On 6 November, it was reported that Snapchat had begun switching off its "Find Friends" feature by default for children in Britain, making it harder for strangers to contact them.

Snapchat starts disabling friend-finder feature for UK children, regulator says | Reuters

2. Body image and harmful online content

In a report published on 22 October, Ofcom recommended stronger protections against online content that stigmatises people's bodies.

Report on content harmful to children

3. New rules on vaping and nicotine products

Rules introduced on 29 October extended the under-18 sales ban to nicotine-free vapes and products such as nicotine pouches.

Under-18 sales ban extended to nicotine products and all vapes - GOV.UK

4. Challenging misogyny in schools

A government plan announced on 26 September outlined training, resources and support for schools to challenge misogyny.

Education Secretary unveils plan for schools to tackle misogyny - GOV.UK

5. More opportunities for young people to enter work

On 14 November, the government announced the nationwide expansion of a scheme offering eligible 18–24-year-olds on Universal Credit a funded six-month job.

90,000 young people furthest from work to be given guaranteed job, no matter where they live - GOV.UK

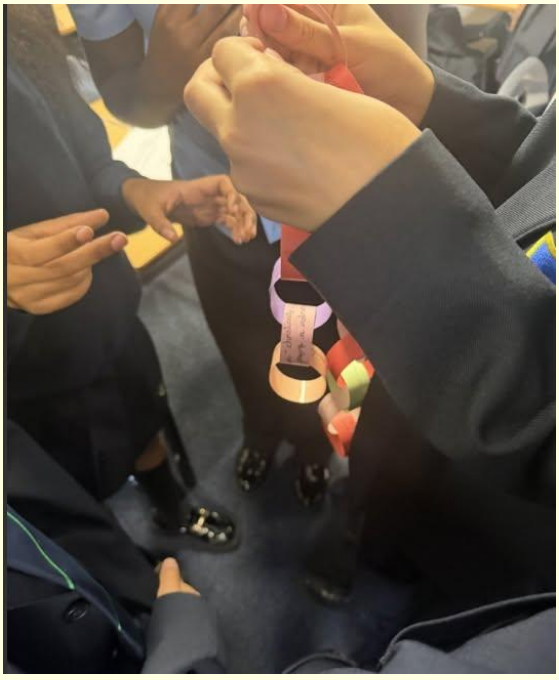
SMSC SPOTLIGHT

SPIRITUAL • MORAL • SOCIAL • CULTURAL

Celebrating the wonderful things happening across our school and how they support our students' spiritual, moral, social and cultural development.

Year 7: Exploring our worldviews

In their first RE lesson, Year 7 explored what shaped their worldviews as part of the Difference course. They created paper chains representing their beliefs, values and experiences, then joined them with classmates' chains to recognise shared connections and celebrate differences.









Votes for school's vote topic: Would you wear smart glasses?

Students discussed the pros and cons of smart glasses before casting their votes. They thought about privacy, how technology affects others and why people might have different views, exploring the social and moral sides of the topic.



Rosh Hashanah lunch time celebration

Students came together at lunchtime to learn about Rosh Hashanah, the Jewish New Year, and try apples dipped in honey—a tradition expressing hope for a sweet new year. They explored forgiveness and new beginnings, asked questions and discovered more about Jewish traditions.









World Recycling Week

Students got creative with challenges focused on reducing waste and reusing materials. Year 13 student Jade turned unwanted items into accessories and decorations, while Year 9 student Alana wrote a poem about recycling and caring for the environment. These activities encouraged students to think about their responsibility for the planet and how their choices affect others.





Recycle all the way

Recycling is like a bicycle,
It goes round and round,
Serving every curve,
Just one bottle in that blue bin could make a big difference,
In the bin not our oceans

Save the trees and the crispy leaves,
Save the planet and our oceans too,
Welcome new life and nature to the world,
Recycle to bring joy into a place that is dull,
Blossom flowers were ground once was numb,
Return that feeling of peacefulness our earth deserves ,
Recycle to save the day in your own special way.

World Afro Day

View video here: https://www.facebook.com/reel/028375998325401038

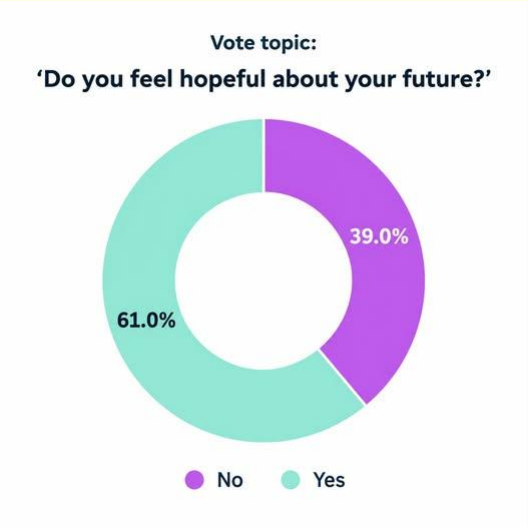
Our Blue Coat community celebrated Afro hair, culture and identity with 'Fro Day'. Students shared what the day meant to them, including a special poem written by Latoya. The celebration encouraged students to learn about different experiences and celebrate our diverse school community.





Votes for school's vote topic: *Do you feel hopeful about your future?*

Students discussed their hopes and concerns about education, employment, finances and the wider world. They also considered the importance of supportive relationships, access to opportunities and having a sense of control over future decisions.



UN International Day of Peace

View video here: https://fb.watch/KU3ZAxoKvj/

Students joined our Peace at Lunchtime event, making friendship bracelets, writing peace postcards and creating origami doves and decorated peace doves. They explored how kindness, respect and reconciliation help build peace.

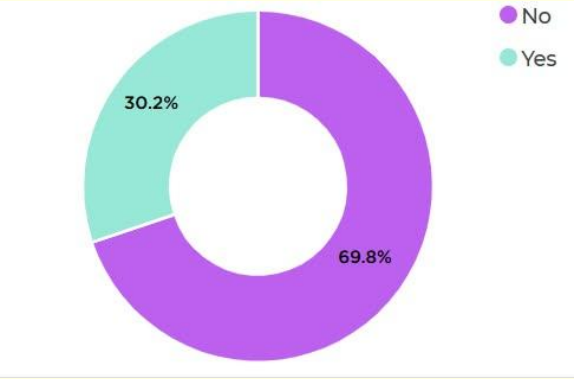






Votes for school's topic: Do school dinners need to change?

Students discussed the government's planned changes to school food standards, due to take effect in September 2027.
It was great to hear students explain their views and listen to different perspectives on the food served at school.



Bible Project Winners!

Two of our students, Emma and Kavisha, have been selected as winners of the Schools Bible Project!
The project invites secondary school students across Britain to study the life of Jesus in the New Testament and write essays about his miracles, teachings, crucifixion and resurrection.
Congratulations to Emma and Kavisha on this achievement!



Worship Ambassadors meet with our Ukrainian partner school

Our Worship Ambassadors met students from our partner school in Ukraine, sharing stories about their schools, cities and favourite sports. They discovered shared interests, learned about one another's lives and began building friendships. Care, respect and Coventry's tradition of peace and reconciliation were at the heart of the meeting.



Young Voices Award

Blue Coat received the Young Voices Shaping Community Cohesion Award from the Lord Mayor of Coventry. The award recognised our students' work to tackle inequalities, bring people together and help everyone feel included. Their actions put our values of care, respect and servanthood into practice across our school and city.



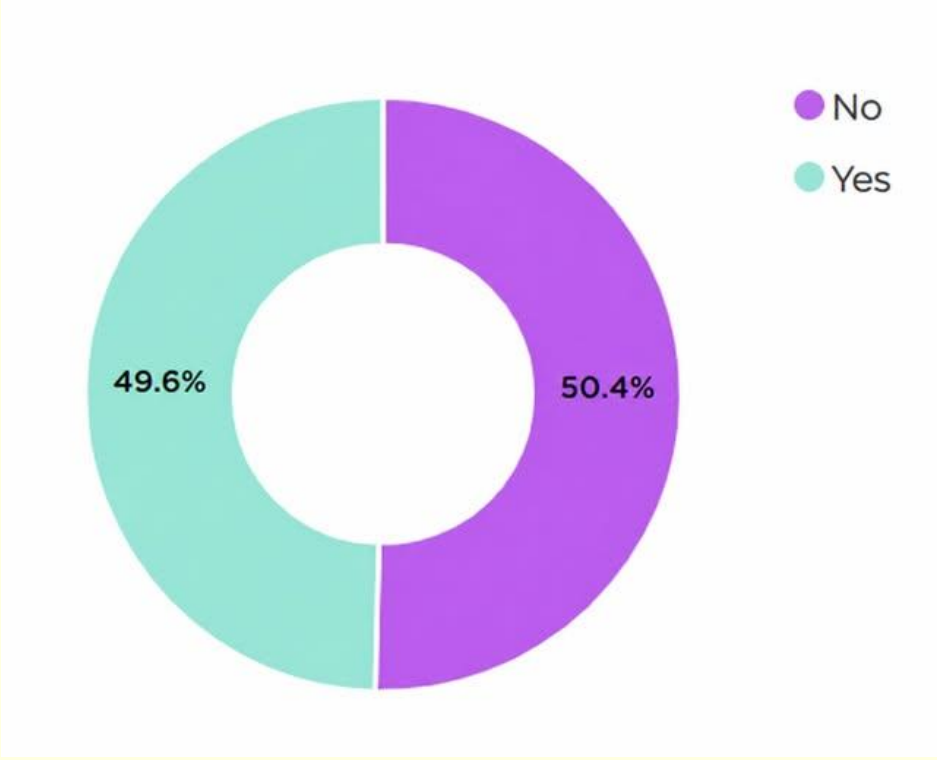
Anne Frank Trust: Black History Month Live event

Students began Black History Month with a live online session hosted by the Anne Frank Trust, featuring writer and former UK Poetry Slam Champion Keith Jarrett. The session celebrated Black voices in literature and the arts, giving students the chance to explore different experiences and perspectives.



Votes for school's topic: Should E-Scooters be legalised on roads?

It was great to hear our students sharing their views, considering different perspectives and discussing the balance between road safety, sustainable travel and the needs of other road users.



The Bible Exhibition trip

A Level RE students visited The Bible Exhibition, exploring how the Bible developed, was preserved and translated, and spread around the world. The visit brought classroom learning to life and encouraged students to consider why this sacred text holds such significance for Christians today.



Sanctuary Foundation: Black History Month Live Assembly

Students joined schools across the country for the Sanctuary Foundation's Great Big Live Assembly, celebrating Black history, culture and achievements. Through the theme 'Honouring Our Communities', they heard from Black role models and reflected on the everyday heroes who bring people together and make a difference.



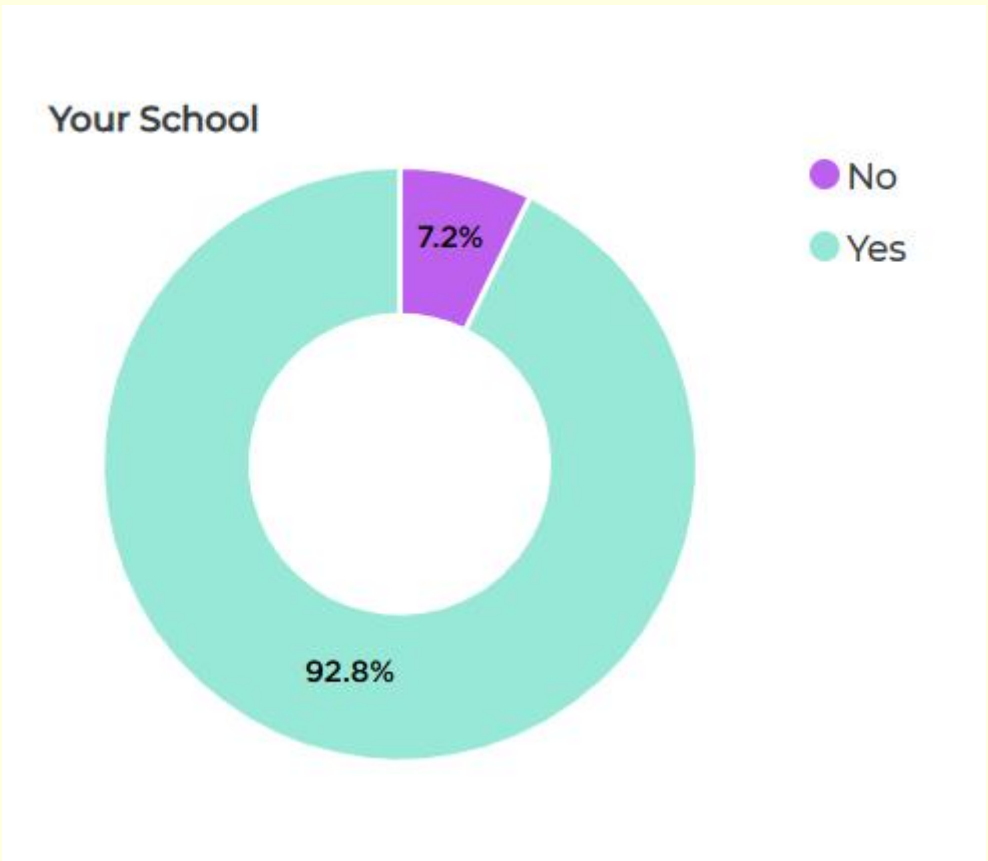
The National Conversation

During tutor time, students took part in The National Conversation, sharing ideas about belonging, bringing people together and helping everyone feel included. They listened to different perspectives and considered how care and respect can strengthen our communities, contributing to a wider national discussion.



Votes for school's topic: Is it easy to get hold of vapes?

Students discussed new rules around vaping and its availability, considering how these changes might affect young people.



Show Racism the Red Card: Wear Red Day

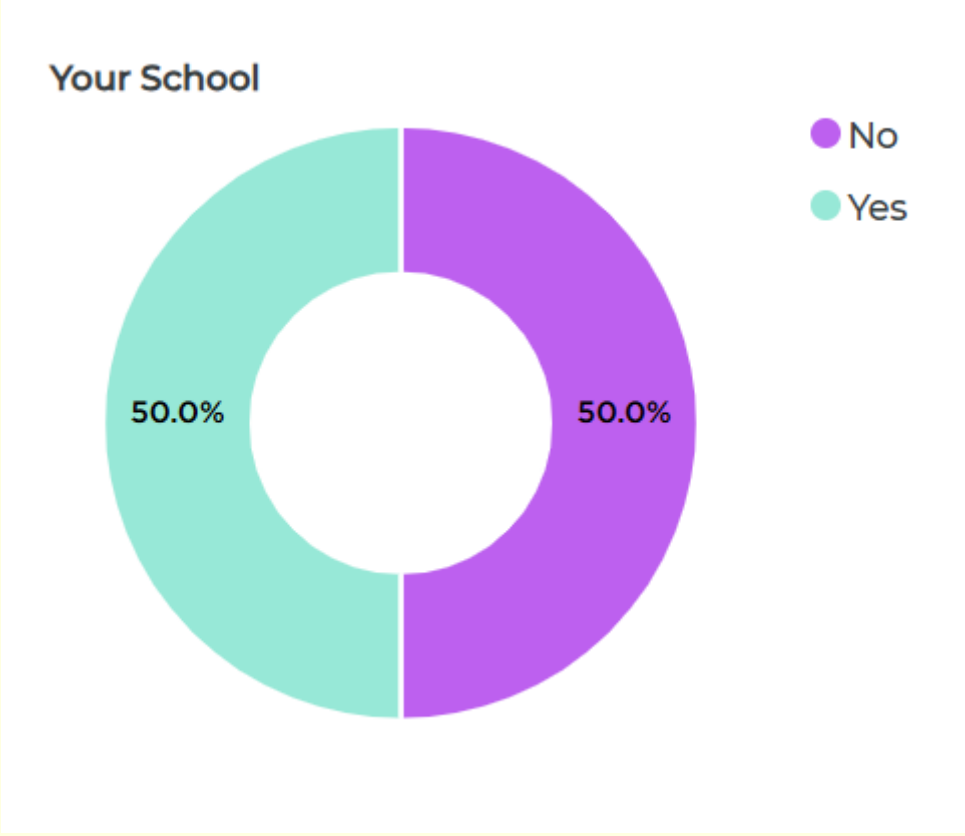
Staff and students wore red to support Show Racism the Red Card, coming together to stand against racism. Wear Red Day encouraged everyone to think about how their words and actions can challenge prejudice and help make our school a place where everyone feels respected and included.





Votes for school's topic: Should we talk about Brexit?

Students discussed whether Brexit still felt relevant to their lives or whether other issues mattered more to them. They considered different viewpoints and explored how political decisions can affect our communities and futures.



A huge thank you to all our staff who made these memorable experiences possible. Their time, care and creativity gave students opportunities to explore new ideas, celebrate different cultures and connect with others across our school and beyond.