

Dear Parent/Carer,

At Great Academy Ashton, we believe education goes beyond academic success. Our Personal Values Curriculum is designed to help students develop the life skills and values they need to succeed in today's world.

We are thrilled to share that we have been awarded the Anchored Schools Gold Award, recognising our excellence in PSHE (Personal, Social, Health, and Economic education), safeguarding, and wellbeing. This award demonstrates our commitment to helping students build essential qualities such as resilience, empathy, and responsible decision-making.

Our curriculum is based on guidance from the PSHE Association and the Department for Education (DfE). The program covers three key areas:

- Health and Wellbeing
- Relationships
- Living in the Wider World (including careers and citizenship)

We ensure that all lessons are taught in an age-appropriate way, particularly around sensitive subjects like Relationships and Sex Education (RSE), to ensure that students receive the right information at the right time for their development. Relationships Education is compulsory for all young people in England, although parents can withdraw their child from the Sex Education part of RSE. If you are considering this option, we encourage you to contact us for more information or refer to the government's guidelines here: [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Here's an overview of the key topics we are covering this term:

Year	Topics
Year 7	Health and Wellbeing topics such as: welcome to secondary school, emotions, resilience, the brain and emotional regulation, puberty, personal hygiene.
Year 8	Health and Wellbeing topics such as: what makes us healthy, healthy eating, sleep, online safety, and the brain and emotional safety.
Year 9	Health and Wellbeing topics such as: pressure and influence, dealing with grief and loss, dangers of alcohol, dangers of vaping, the brain and emotional regulation.
Year 10	Life in the Wider World topics such as: personal branding, enterprise skills, money and budgeting, debt, preparation for the careers fairs, British values, and human brain and emotional regulation.
Year 11	Your future – the post-16 landscape, LMI (where are the jobs in Manchester), Careers Fair preparation, mock interview preparation, the human brain and emotional intelligence.

If you would like to see what is covered for the remainder of the academic year, please visit our school website curriculum pages.

For the parents of Year 11 students, the links below are the latest version of CareersMag magazine, which offers valuable insights into career pathways, apprenticeships, and further education options for parents students and inclusion. They are useful resources to help guide your child as they make decisions about their next steps after leaving school. The registration to access the resources is free.

[Careermag for Parents, Carers, and Guardians Issue 12 - September 2024 : Careermag for Parents & Guardians - careermag | Careermap](#)

[Careermag for School Leavers - June 2024 : Careermag for School Leavers - careermag | Careermap](#)

[Careermag for Inclusion - Issue 8 : Careermag for Inclusion - careermag | Careermap](#)

In addition to this, we understand that parenting teenagers can be both rewarding and challenging. To support you, we've compiled a list of helpful websites designed to offer guidance on various aspects of teenage life, including mental health, wellbeing, and future planning:

- **Young Minds** ([youngminds.org.uk](http://youngminds.org.uk)) – A leading mental health charity for young people, providing advice on how to support your child's emotional wellbeing.
- **Kooth** ([kooth.com](http://kooth.com)) – An online mental health community offering free, confidential support for young people.
- **Childline** ([childline.org.uk](http://childline.org.uk)) – A safe space for young people to access help with any concerns, including bullying, mental health, and relationships.
- **The National Careers Service** ([nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk)) – Provides guidance on career choices, qualifications, and apprenticeships.
- **Thinkuknow** ([thinkuknow.co.uk](http://thinkuknow.co.uk)) – Advice on keeping children safe online, helping parents understand how to protect their children from online risks.

These websites provide practical advice, expert guidance, and accessible resources that can help you support your child through the challenges of adolescence. Whether you're looking for career advice, mental health support, or tips on navigating the digital world, these resources are designed to help you and your child thrive.

We are always here to help and welcome any questions or concerns you may have. Please feel free to reach out to your child's year team if you need more information on any of the topics discussed above.

Thank you for your continued support in helping your child grow academically and personally.

Yours faithfully

Theresa James  
Assistant Principal Curriculum