



CORNWALLIS ACADEMY

PSHE NEWS

WELCOME

Welcome to the first Cornwallis PSHE bulletin for 2026, I am Miss Andrews, and I am the lead teacher for PSHE and RSE. We began these bulletins towards the end of last year and after parent consultation have decided to continue using them to outline the topics being covered in lessons and form time for each year group, helping families to support learning and continue conversations at home.

PSHE stands for Personal, Social and Health Education. It is a vital part of our curriculum, supporting students' wellbeing, personal development, and understanding of the wider world.

At Cornwallis PSHE is delivered through:

- One hour-long lesson every fortnight, and
- Two dedicated form time sessions each week.

The one hour-long lessons are delivered by Mrs Tompsett, Ms Harding and I. I have taught PSHE for 6 years now alongside history, geography and religious education. Mrs Tompsett has been teaching here at Cornwallis Academy for year 8 years and she teaches PSHE alongside literacy sessions and working with the SEN department. Ms Harding has been working at Cornwallis for a number of years, primarily in the Performing Arts department but has this year added PSHE to her repertoire of subjects. I have worked with Miss Hodges and Mrs Tompsett to create a PSHE curriculum which meets statutory guidance, is accessible and has our students and their futures at its heart

If you are struggling with a difficult conversation with your child there are few things that are important to remember:

- Avoid shutting down the difficult conversations, if you are uncertain of how to respond or you feel you don't have the right answers explain this and perhaps research this together using some of the links provided.
- Avoid sanctioning if they are just curious or asking questions, sanctions can often deter them from asking again or seeking help when they need it.
- If you can plan ahead for a discussion this may help the conversation run more smoothly; it could be helpful to look at the topics being covered for PSHE and create a discussion based around those.
- Use resources available; NSPCC and ChildLine and several other organisations all offer supportive documents for parents around having these conversations.
- The link below is for our signposting site, this has links to several different sites organised by concern, which can help support in worries, concerns or discussions you may need to have.

NEWSLETTER

TERM 1
SEPT 2026

TERM 1 CURRICULUM OVERVIEW

Below you will find a break down of the topics covered per year group during term 1, we use a spiral curriculum meaning each year the topics are repeated at an age-appropriate level allowing us to build on understanding, introduce new elements and address any misinformation.

Below are some links to help support with discussions and learning for year 7:

www.youngminds.org.uk/parent // www.childnet.com

Below are some links to help support with discussions and learning for year 8:

www.ceopeducation.co.uk // www.childnet.com

Below are some links to help support with discussions and learning for year 9:

www.equalityhumanrights.com // www.stonewall.org.uk

Below are some links to help support with discussions and learning for year 10:

www.nhs.uk/nhs-services/gps // www.brook.org.uk

Below are some links to help support with discussions and learning for year 11:

www.brook.org.uk // www.nhs.uk/live-well/sexual-health



YEAR 7 - MANAGING CHANGE

Students will explore:

- Transition to secondary school
- Careers and aspirations
- The importance of sleep and healthy routines

These lessons help students develop confidence, resilience and independence as they adapt to new environments and expectations. By learning about healthy routines, positive self-image and future aspirations, students begin building the skills needed for successful learning, positive relationships and future career planning.

YEAR 8 - STAYING SAFE AND BUILDING RESPECT

Students will cover:

- Loneliness and social connections
- Understanding banter and its impact
- Sexism and respectful relationships

As young people become increasingly influenced by friendships and social groups, these topics help them recognise healthy and unhealthy behaviours, manage peer influence and make safer choices. Students develop empathy, respect and the confidence to challenge harmful attitudes and behaviours.

YEAR 9 - EQUALITY AND DIVERSITY EXPLORED

Students will cover:

- The Equality Act 2010
- Gender equality
- Understanding ableism
- Removing barriers and promoting inclusion

Understanding equality, diversity and human rights prepares students to participate positively in a diverse society. These lessons encourage respect for others, critical thinking and an awareness of how fairness and inclusion contribute to stronger communities, workplaces and relationships.

YEAR 10 - HEALTHY BODIES AND HEALTHY FUTURES

Students will explore:

- What is a GP and the role of local doctors and pharmacists?
- Understanding the healthcare system
- Understanding unhealthy weight gain

Students gain practical knowledge that supports informed health decisions throughout adulthood. By understanding how healthcare services work and learning about physical health, students are better equipped to seek support when needed, manage their wellbeing and take responsibility for their long-term health.

YEAR 11 - SEXUAL HEALTH

Students will explore:

- Revisiting sexually transmitted infections (STIs)
- Contraception
- Substance misuse and its impact on decision-making
- Respectful relationships

As students approach adulthood, these lessons provide practical knowledge to help them make informed and responsible decisions. Understanding sexual health, consent, the influence of substances and the characteristics of healthy relationships supports young people in keeping themselves and others safe, both now and in the future.

FORM TIME FOCUS - TERM 1

This term, students are taking part in a whole-school form time programme focused on British Values, belonging, respect, inclusion and positive relationships. Through discussions and practical activities, students will explore how they can contribute to a safe, welcoming and respectful school community. The programme encourages students to recognise the importance of diversity, challenge discrimination and bullying, develop empathy for others, and understand how to seek support when needed. A key message throughout is that everyone has the right to feel safe, respected and included, and that reporting concerns helps keep our community safe.

Year 7: Belonging and Settling In

Students will focus on building a sense of belonging within the school community. Activities encourage them to identify support networks, explore shared interests, learn about inclusion and understand where to access help. Developing strong connections and knowing where to seek support helps students build confidence, resilience and a positive sense of belonging during their transition to secondary school.

Year 8: Fairness, Diversity and Assumptions

Students will explore diversity, fairness, stereotypes and assumptions. They will learn how respectful curiosity, understanding different perspectives and challenging stereotypes can help create a more inclusive environment. Understanding diversity and challenging assumptions helps students develop empathy, respect for others and the skills needed to thrive in a diverse society and workplace.

Year 9: Bias, Influence and Identity

Students will examine media influence, representation, online behaviour and bias. They will consider how opinions are formed, the impact of social media and how respectful disagreement can strengthen communities. These lessons help students become critical thinkers who can recognise misinformation, challenge prejudice and make responsible choices both online and offline.

Year 10: Responsibility and Upstanding

Students will focus on decision-making, leadership and responding to concerns such as bullying, discrimination and harmful online behaviour. They will explore how to be an effective "upstander" and support others safely. Learning how to make informed decisions, support others and report concerns equips students with valuable life skills for education, employment and adult life.

Year 11: Leadership and Legacy

Students will reflect on their role as senior members of the school community. Activities focus on mentoring younger students, promoting inclusion, challenging discrimination and leaving a positive legacy. As students prepare for life beyond school, these lessons develop leadership, responsibility and the confidence to positively influence their communities and future workplaces.

PSHE TEAMS CHANNELS

Students have access to dedicated PSHE Teams channels, which include:

- Signposting and support linked to current and previous topics
- Resources from external organisations
- Information on mental health, healthy lifestyles, and current issues

YEAR 11 - EXAMS AND WELLBEING SUPPORT

With PPEs and the exam season approaching, Year 11 students also have access to guidance on:

- Exam stress and revision strategies
- Kent choices and post-16 pathways
- Additional mental health support

We recommend the following trusted resources for students and families:

- [UK Government: Coping with Exam Pressure](#)
- [Barnardo's – Exam Stress Support](#)
- [YoungMinds – Exam Stress](#)
- [Mind – Exam Stress Support](#)

