



King Arthur's School

West Hill, Wincanton, BA9 9BX

Telephone 01963 32368

E-mail office@kingarthurs.org.uk

Headteacher – Mr Jonty Archibald

18th September 2026

Dear Parents and Carers,

As a part of your child's education at King Arthur's, we have a strong focus on embedding their personal development throughout their life here at school. Promoting personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme, which includes Relationship and Sex Education (RSE) is an important part of the curriculum.

PSHRSE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. It enhances their academic studies by empowering them with the knowledge to be a fully rounded individual.

As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the PSHEE programme which includes:

- Health and Wellbeing
- Living in the Wider World
- Relationship and Sex Education (RSE)

Each half term, teaching of PSHRSE will focus on a different topic, appropriate to students' age group. This half term your child's year will be taking part in lessons which focus on the Health and Wellbeing aspect of this programme. Pupils will also have the opportunity to ask questions that help prepare them for situations of all kinds in the modern world.

PSHRSE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. PSHRSE at King Arthur's is taught by your child's tutor as well as external speakers (supported by tutors). I have attached a copy of the overall curriculum that is followed by each year group in order that you can see what your child will study over the coming academic year.

Please do visit the school's website: [PSHEE | King Arthur's School, Wincanton \(kingarthurs.org.uk\)](https://www.kingarthurs.org.uk/PSHEE) for more detail about our PSHRSE curriculum. All PSHRSE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

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Another important part of our Personal Development Curriculum here at King Arthur's is through our Aspire Programme. If your child is in year 8-11 you will already be aware of this programme designed to target students to achieve beyond the classroom through additional opportunities and learning. The four skills we look to develop are:

- Leadership (such as helping with open evening, School council reps)
- Developing Excellence (such as playing for a school sports team, attending an enrichment club)
- Intellectual curiosity (such as school trips and subject/careers talks)
- Future Goals (such as work experience, Careers interviews)

On Tuesday 22nd September we have an extended PSHRSE session, covering:

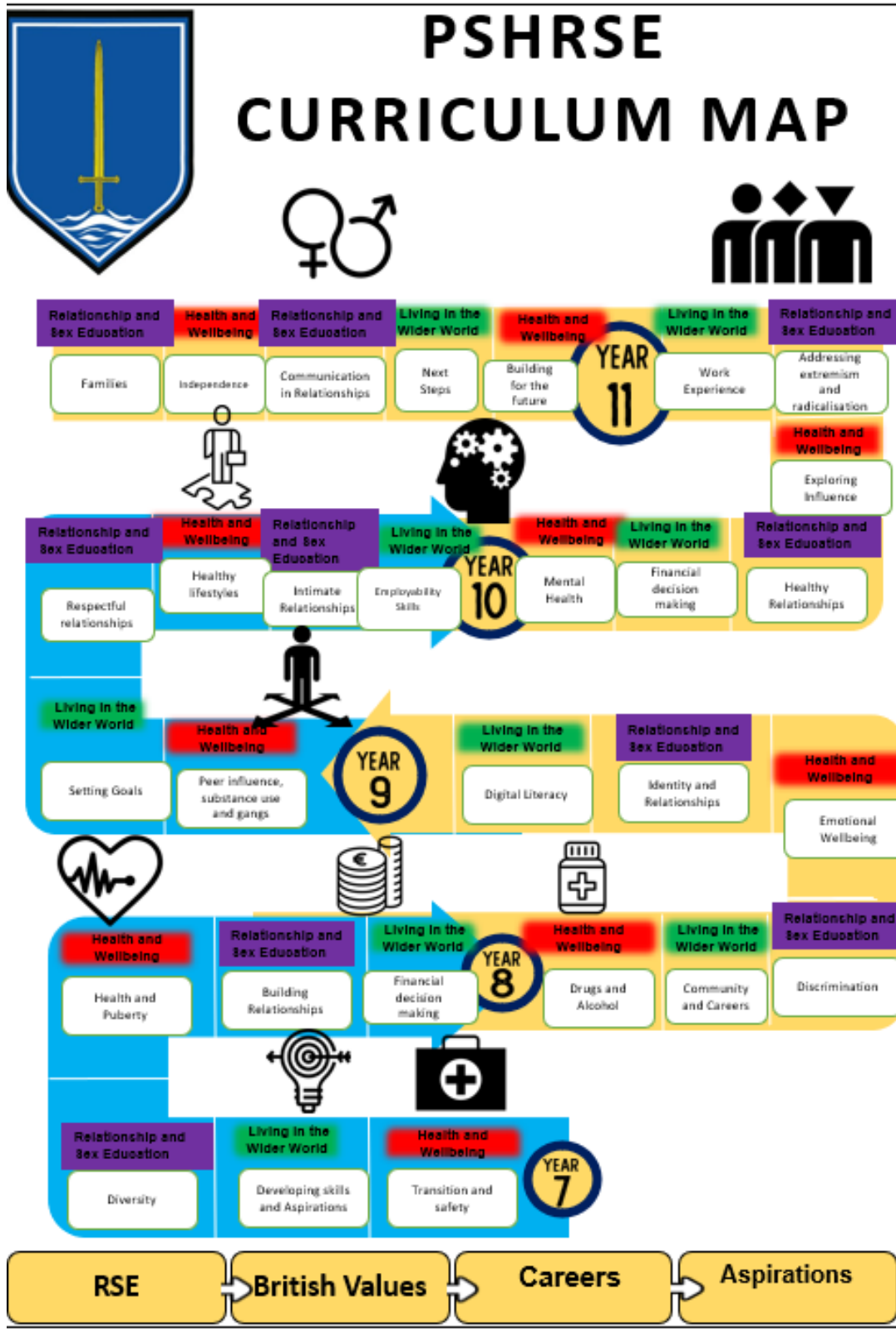
- Year 7 and Year 8 will be watching an online theatre production called "How are you?" which focuses on student's wellbeing and resilience. They will then complete some activities related to the production theme.
- Year 9 have a session led by Yeovil College University centre focusing on options and level 3 courses and then they will complete preparation work for the careers fair they will be attending in October.
- Year 10 will also have an introduction to preparing for work experience and begin drafting their CV's.
- Year 11 will start their preparation for post-16, drafting personal statements and looking at post-16 options.

I hope you find this informative and should you ever wish to discuss elements of the PSHRSE programme do not hesitate to contact me.

Yours faithfully



Miss. Hayley Andrews
Senior Assistant Head
Personal Development.



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SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW – THEMATIC MODEL

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	