



## GUISELEY SCHOOL

8 January 2025

Dear Parent/Carer

### PSHE Curriculum

I am writing to update you on the topics Year 13 will be studying in PSHE in the coming weeks. This half term, Year 13 will be learning about **managing transitions and living independently** and will be taught:

- skills to improve adaptability and resilience during periods of change
- the importance of monitoring personal health and wellbeing
- strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time
- how to manage mature friendships, including making friends in new places
- registering with and accessing doctors, opticians and other health services
- how to make informed, independent health choices and manage media messages about health
- about screening and how to perform self-examination
- how to maintain a healthier diet when you leave home
- about illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'

PSHE involves both written work and group-based discussion work, and we really hope your child will enjoy exploring the range of topics that PSHE offers. Resources that we use are sourced from the PSHE Association and therefore approved by the Department for Education.

**If you wish to review any of our lessons and resources, please contact the school and we will arrange for you to come in, meet with a member of staff and look through the slides we deliver.**

If you have any questions or queries relating to the PSHE curriculum, please do not hesitate to get in touch at: [info@guiseleyschool.org.uk](mailto:info@guiseleyschool.org.uk). The resources below may also be useful for you to discuss the work we do in PSHE with your child/ren at home:

- <https://www.ucas.com/money-and-student-life/student-life/starting-university-or-college>
- <https://www.ucas.com/money-and-student-life/student-life/mental-health-and-wellbeing>
- <https://www.nhs.uk/nhs-services/gps/>
- <https://www.nhs.uk/live-well/eat-well/>
- <https://www.macmillan.org.uk/cancer-information-and-support/testicular-cancer/how-to-check>
- <https://www.breastcanceruk.org.uk/check-your-breasts/>

Yours sincerely

Mr S Lord  
Curriculum Lead - PSHE

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