



South Dartmoor Community College

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Empowering everyone to be the best they can be.

26 February 2026

Dear Parent / Carer

PSHE Half-Term Overview Letter

As part of our continued commitment to high-quality Personal, Social, Health and Economic (PSHE) education, I wanted to share an overview of the topics being covered across Year 7, Year 8 and Year 9 for the remainder of this half term.

Our PSHE sessions have been very positively received by students, who have engaged brilliantly with the discussions and activities. The programme is supported by subject specialists and delivered in collaboration with tutors, ensuring that sessions are both age-appropriate and responsive to students' needs. Sharing our curriculum with you helps to support ongoing conversations at home, where students can reflect on what they have learned and explore these themes further.

Below is a simple overview showing the week-by-week topics for each year group:

Week beginning	Y7	Y8	Y9
2 March	How to make healthy lifestyle choices including diet, dental health, physical activity and sleep	Healthy coping strategies Unhealthy coping strategies (e.g. self harm and eating disorders)	The relationship between physical and mental health, balancing work, leisure, exercise and sleep
9 March	How to manage physical and emotional changes during puberty and personal hygiene	How to stay physically fit	Make informed healthy eating choices
16 March	How to manage influences relating to caffeine, smoking and alcohol, as well as the science behind them	Tutor Discussion: Case Study – self harm & eating disorders	Tutor Discussion: Take increased responsibility for physical health, including testicular/breast self-examination
23 March	How to access help and support for many issues such as: Gender identity, sexual identity, FGM, Mental Health, Puberty	How to develop digital resilience	To make independent health choices

If you have any questions about the PSHE curriculum, please feel free to contact me at dmurray1@southdartmoor.devon.sch.uk. You may also find the link to the PHSE Association helpful, as it provides helpful guidance and support when producing resources and planning for PSHE. [PSHE Education lesson plans](#).

Thank you, as always, for your support.

Kind regards,
Danny Murray
PSHE Lead

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