



LOWER SCHOOL

This term Life Education is focused on relationships and sex education (RSE). The majority of lessons are delivered by the form tutor but we have had external presentations from 'It Happens' education, a team of RSE specialists.

YEAR 6

Pupils began the term looking at positive relationships, and have started to consider the meaning of consent in friendships. This was delivered by 'It Happens'. They have reflected on the ways in which people commit to one another through marriage and civil partnerships, and have gained some awareness of forced marriage. Further into the term, they will be looking at puberty, with a second talk from 'It Happens' on "My Private Body".

Year 6 will also have sessions on nutrition and dental hygiene, and will carefully consider films, games and apps they are allowed to use, and reasons for age ratings on these. They will learn some basic First Aid from the school Nurse, and will end the term with sessions on career choices.

YEAR 7

Pupils began by investigating positive relationships; understanding the difference between assertive and aggressive behaviour and developing an understanding of consent. This was delivered by 'It Happens', with follow up sessions from form tutors.

Year 7 will be visited again by 'It Happens' who will deliver a session on puberty, and following this, they will learn about menstrual health and FGM. Year 7 will also consider how to deal with conflict in relationships, and will end the term with sessions on study skills to help prepare them for revision for the summer exams.

YEAR 8

Pupils began by thinking about relationships, considering the values of positive relationships, and understanding expectations within a variety of relationships, developing their understanding of consent and managing conflict. They were visited by our Safer Schools' Police Officers who discussed safety on the streets and the importance of keeping safe online. They reviewed the Law around these topics too. Later in the term, Year 8 were visited again by 'It Happens' who took them through topics of medicines and legal drugs (understanding why they are used, and the risks involved), an additional session will explore habits and addiction. Sessions later in term will discuss puberty, genital health, ideas of consent and conflict within relationships, and understanding the basics of contraception. The term will end with sessions on study skills to help prepare them for revision for the summer exams.

Parents have been able to follow pupils' progress and find additional information and advice using the Parent Zone links in Firefly. Pupils have been able to submit questions using the anonymous online 'ask it baskets' to ask further pertinent questions.

Debbie Melton from the RSE experts 'It Happens' spoke to parents

in an online webinar at the start of the term. The session looked at potential protective factors and where to get reliable, evidence-based information and help if needed. A link to the Emanuel RSE policy can be found [here](#). If you have any comments about RSE or Life Education at school, then please contact Miss Cleobury (sophie.cleobury@emanuel.org.uk) for the Lower School.

MIDDLE SCHOOL

YEAR 9

To support pupils considering their GCSE subject choices, they undertook three sessions exploring future training and education options, learning how their skills relate to careers that interest them and discovering careers that matched their skills. Pupils also had a career education session, where they learnt all about their GCSE options and the transferrable skills they would acquire.

This term, pupils heard from Henry Hudson, who delivered a talk during Pride Week on diversity and inclusion, and how to be a supportive ally. Pupils have embarked upon their rotation RSE Life Education lessons, exploring healthy relationships, toxic influencer culture, consent and the sharing of nude images. Pupils have also built upon their previously gained knowledge of sexual and reproductive health and gained a thorough understanding of the different forms of contraceptives and STIs. Pupils have also begun their Digital Awareness course, learning about online abuse, their digital footprint and hacking.

YEAR 10

In the first half of term, pupils participated in workshops on the theme of health. During their first aid workshop, pupils developed their knowledge on cardiopulmonary resuscitation (CPR), automatic external defibrillator (AED), EpiPens, primary surveys and the recovery position. During the sports nutrition workshops, pupils learnt about effective sports nutrition, how to use food for fuel and developed their understanding of REDS, mental well-being, and supplements. Pupils found this talk incredibly useful, especially in regard to understanding the nutritional needs of young athletes, and how nutrition affects sleep, recovery and performance.

The self-defence workshop was also a highlight of the day, with pupils learning valuable strategies to be aware of their surroundings and stay safe. The day of workshops ended with the engaging and insightful presentation delivered by the company 'It Happens' focusing on 'Keeping your body safe & sexual health'. Pupils were surveyed before the day to ensure that the sessions covered content that was relevant and useful to our pupils, and that they wished to learn about. During the second half of term, pupils will participate in workshops on the theme of relationships and sexual health.

YEAR 11

Following the mock examinations, pupils have continued their exploration of RSE related topics. Form tutors have become specialists in a particular topic and have taught different forms on a rotation basis. Topics include:

- Reproductive Health: Menopause
- Sexual Health: Recap the different type of contraceptives & developing positive communication between partners.
- Health: Self- screening – Testicular Cancer Awareness
- Health: Exploring blood, organ & stem cell donation

- Health: Self-screening – Breast Cancer Awareness
- Reproductive Health: Choices in relation to pregnancy – Options
- Reproductive Health: Choices in relation to pregnancy – Fertility, pregnancy & miscarriage

This term, we have also welcomed a student-ambassador from the charity 'OddBall's, who gave an engaging and informative presentation of the importance of self-screening and health check-ups. To complement the rotation topics covered, pupils will also hear from 'It Happens' Debbie Melton, who will lead a session on intimate relationships; looking at reproduction and pleasure, becoming sexually active, complex consent, being a bystander/upstander and exploring empowering strategies and skills.

The culmination of the GCSE examination period is often marked with celebrations which may include trips, festivals and parties. Pupils will also have a session on 'Festivals and Freedom' covering safety at such events, the adolescent brains rewards system, risks and recent data around harm and, most importantly, how to ask for help if things go wrong.

SIXTH FORM

LOWER SIXTH

During this term, we will be launching Unifrog, which is a website designed to help students conduct research for their higher education pathway. There is advice about specific courses, including entry requirements and information about each university. It has lots of guidance about writing personal statements to ensure our students have the strongest applications.

Students will also be taking part in a carousel of activities in our 'Experts in the Field' programme. Some examples of these topics include:

- Consent
- Debating
- Healthy lifestyle
- Finance
- Literature
- Making friends
- Managing debt
- Study habits

UPPER SIXTH

We will continue supporting the upper sixth students with their preparation for life beyond Emanuel. Alongside this support, we will be launching the 'Experts in the Field' programme. Some examples of these topics include:

- CV writing
- Climate change
- Emotional intelligence
- Gambling/cryptocurrency
- Job interviews
- LGBTQ+
- Life at university
- Political literacy
- Travelling abroad

'It Happens' will also be delivering a session on 'The Next Chapter' where the students will receive specific guidance for those first couple of weeks at university and other advice for alternative pathways.



PRIDE WEEK

In the week before half term, Emanuel celebrated its 4th annual Pride Week to tie in with the start of LGBTQ+ History Month. The Art department held a fantastic exhibition with pupil-made works on the theme of 'Protest'. The Pride Gig returned and saw even more staff and students performing songs from their favourite queer artists. Lil Nas X's Old Town Road was so popular it was performed twice! Pupils in the Middle School heard from Henry Hudson of People Change Minds. Whilst the Sixth Form undertook the 'Pride in Industry Project', investigating just how supportive some of the most widely known brands are to both their LGBTQ+ employees and consumers. This all culminated in a colourful end to the week on home clothes day.

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