



New Mills School

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Wednesday 17th September 2025

Dear Parents and Carers,

Introduction to PSHE and our PSHE Parent Working Group

The teaching of PSHE (Personal, Social, Health Education) is a statutory requirement for all schools. At New Mills School your child will be taught PSHE every fortnight through a one-hour lesson and as part of the tutor time programme each week. Our vision is to enable students to become culturally, socially and politically engaged in their communities (Locally, Nationally and Globally).

PSHE is about giving children the knowledge and skills they need to stay healthy, build positive relationships, and make safe, informed choices. Your insight will help us ensure that what we do in school connects with what matters most to families at home.

PSHE (Personal, Social, Health and Economic education) helps students navigate the challenges of adolescence and prepare for adult life. It focuses on three key areas:

1. Health and Wellbeing

- a. Mental health and emotional wellbeing
- b. Healthy lifestyles, including diet, exercise, and sleep
- c. Managing stress, anxiety, and change
- d. Understanding puberty, sexual health, and personal hygiene
- e. Substance awareness (e.g. drugs, alcohol, vaping)

2. Relationships and Sex Education (RSE)

- a. Building and maintaining healthy relationships
- b. Consent, respect, and boundaries
- c. Online safety and managing digital relationships
- d. Recognising and addressing bullying, abuse, and exploitation
- e. LGBTQ+ inclusion and equality

3. Living in the Wider World

- a. Careers education and preparing for the workplace
- b. Financial literacy (e.g. budgeting, saving, credit)
- c. Rights and responsibilities as citizens
- d. Media literacy and critical thinking
- e. Understanding diversity and tackling discrimination

We believe that it is important for our parents/carers to understand what your child will be taught as their PSHE curriculum. Attached to this letter is a copy of our long-term plan for the 2025-26 academic year. We would like to encourage you to speak to your child about what they are covering in school for their PSHE lessons.

Join Our PSHE Parent Working Group – Your Voice Matters!

We know that the best way to support our young people is by working closely with the people who know them best—**you!** That's why we're setting up a **Parent Working Group** to help us improve how we share information about the **Personal, Social, Health and Economic (PSHE) curriculum** and to explore how we can support you with the challenges young people face today.

We're looking for **around 5–6 parents** to join us for this exciting opportunity to make a real difference. Your ideas and experiences will help shape how we communicate and work together as a school community.

What will it involve?

- A small number of meetings (dates and times agreed with the group).
- Sharing your thoughts on how we can keep parents informed and supported.
- Helping us develop practical ideas and resources for families.

If you'd like to be part of this group, please let us know by Monday 22nd September by filling in this form

<https://forms.office.com/Pages/ResponsePage.aspx?id=ALoxTtb-VU2jwb1w-9ifokQLnP83lb1AiuWhDWGwdQJUNExWSFRNUEZTS0NWU0NJNVFLTktQVkrQQS4u>

If we have more volunteers than spaces, we'll make sure there are other opportunities to get involved in the future.

Thank you for considering this. Together, we can make a real difference for our young people.

Warm regards,

Sarah Salthouse

Head of Personal Development

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