



NOTTINGHAM UNIVERSITY  
SAMWORTH ACADEMY

Friday, 23 October 2015

Dear Parent/Carer

In year 7, Personal, Social and Health Education lessons (known as Personal Development at NUSA) are taught one period a week. It will cover a range of important content areas based around Personal Well-being, Economic Well-being, Religious Education and Citizenship. Your child will have periods of a term spent on one of these areas. Where possible, outside providers are used to increase student understanding. For example, both Years 7 and 8 will have had programs delivered by Equation, a Nottingham-based charity funded group, highlighting what makes a healthy relationship.

In Year 7 students should cover these key areas:

**Personal Well-being:** Understanding a healthy lifestyle; risks of smoking; puberty; contraception.

**Economic Well-being:** Allowing students to be thinking about the future and understanding personal finance.

**Citizenship:** Knowing what it means to be a NUSA citizen; global citizen; developing skills of democratic participation, through British values.

**Religious Education:** Learning about the different cultures and religions, as well as FGM.

During this term we will be covering the Citizenship part of the program. If you have any concerns or queries about the lessons of Personal Development, please do not hesitate to contact me.

Yours sincerely,

Miss G Malhi

Coordinator of Personal Development