



# NOTTINGHAM ACADEMY

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RESPECT



ASPIRATION



PRIDE

*Lead learning to transform lives and enable communities;  
at Nottingham Academy we will achieve this by providing  
an exceptional provision for exceptional learners.*

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**January 2026**

Dear Parent/Carer,

## **RE: Personal, Social, Health and Economic (PSHE) Curriculum**

As a part of your child's education at Nottingham Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

The PSHE programme follows these three themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

Relationships and sex education and health education (RSE) became statutory in all secondary schools in England in September 2020. The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity.

At Nottingham Academy, RSE will be taught as part of the PSHE programme of study in tutor time. There will also be assemblies and workshops throughout the year to allow for external providers to share their expertise.

To support our families, Nottingham Academy offers a Parent Padlet, giving easy access to helpful websites and articles. These are aimed at parents to support your child to be happy, healthy and informed. We will continue to update this with relevant and useful content. This can also be found through the parent section of the school website.

<https://padlet.com/nottinghamacademy/parentpadlet>

Parents/carers will have the right to withdraw their child from part or all of the sex education delivered as part of RSE. Parents/carers can do this until 3 terms before their child turns 16. After that, it'll be the child's decision.

**Parents cannot withdraw their child from the relationship education in RSE or health education.**

When teaching these subjects, the religious background of pupils will be considered, so that topics are appropriately handled. Further information can be found at:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

An overview of the PSHE curriculum for each year group is included at the end of this letter. If you have any feedback or suggestions on this, please complete the feedback form here:

<https://forms.office.com/e/uDSgj1EcY>

Requests for withdrawal Sex Education should be put in writing using the form below. A member of the Senior Leadership team will then arrange to speak with parents and carers to explore their views and ensure that the nature and purpose of Sex Education is understood. A written record will be kept of this discussion.

<https://forms.office.com/e/t3w5cEUpXS>

Yours faithfully,

Leonie Smikle  
Assistant Principal Student Development

PERSONAL DEVELOPMENT 25-26		Year 7	Year 8	Year 9	Year 10	Year 11
HT1 Health and Wellbeing	Topic	<b>TRANSITION &amp; SAFETY</b>	<b>SELF REGULATION</b>	<b>MENTAL HEALTH</b>	<b>EMOTIONAL WELLBEING</b>	<b>RESILIENCE</b>
	Week 1	Transition to Nottingham Academy	Zones of Regulation	Mental Health vs Ill Health	Emotional Wellbeing	Surviving and Thriving in Year 11
	Week 2	School Values	Fight, Flight or Freeze	Mental Health Stigma	Self Esteem and Self-Confidence	Goal Setting
	Week 3	Getting Help and Signposting	Triggers and Strategies	Anxiety	Body Image	Bouncebackability
	Week 4	First Aid	Emotional Intelligence	Mood Disorders	Grief and Bereavement	Obstacles and Challenges
	Week 5	Road Safety	Self Awareness	Eating Disorders	Happiness	Facing Failure
	Week 6	Safety on the Railway	Growth Mindset	Self-Harm and Suicide	Cognitive Reframing	Dealing with Change
	Week 7	Firework Safety	Self Compassion	Mood Boosters	Mindfulness and Meditation	Positivity
<b>OCTOBER HALF TERM</b>						
HT2 Living in the Wider World  BUILDING YOUR FUTURE NOW	Topic	<b>CAREERS BROADENING HORIZONS</b>	<b>CAREERS UNDERSTANDING THE WORLD OF WORK</b>	<b>CAREERS INFORMING CHOICES</b>	<b>CAREERS LIFELONG SKILLS BUILDING</b>	<b>CAREERS DECIDING ON NEXT STEPS</b>
	Week 1	What is a Career?	Job Sectors	Exploring Pathways	Employability Skills	Next Steps
	Week 2	Future Pathways: Post 16	Jobs of the Future	Best of Me (Personal Strengths)	Motivation	Researching Careers
	Week 3	Future Pathways: Post 18	Labour Market Information	Decision Making	Team Work + Leadership	Building a Career Plan
	Week 4	Future Pathways: Apprenticeships	Work-Life Balance	Researching Options	Problem Solving + Creativity	Application Process
	Week 5	Skills, Qualities and Goals	Employer Rights and Responsibilities	What Does Success Mean?	Organisation	CV Writing
	Week 6	Career Journey	Work and Wages	Volunteering	Initiative	Personal Statements
	Week 7	Linking Careers to the Curriculum	Challenges in the Workplace	GCSEs and Choosing Options	Feedback	Professionalism
<b>CHRISTMAS</b>						
HT3 Relationships	Topic	<b>FRIENDSHIPS &amp; BULLYING</b>	<b>ONLINE RELATIONSHIPS</b>	<b>RESPECTFUL RELATIONSHIPS</b>	<b>HEALTHY &amp; HARMFUL RELATIONSHIPS</b>	<b>FAMILY LIFE</b>
	Week 1	Healthy and Unhealthy Friendships	Social Media Use	Boundaries	Healthy vs Harmful Relationships	Healthy Pregnancy
	Week 2	Conflict Resolution	Online vs. Offline Friendships	Trust	Stereotypes and Sexpectations	Fertility and Miscarriage
	Week 3	Banter vs. Bullying	Managing Online Conflict	Communication	Impact of Porn on Relationships	Adoption and Fostering
	Week 4	Maintaining Friends	Cyberbullying	Empathy and Understanding	Sexual Harassment	Marriage
	Week 5	Forgiveness	Insta vs. Reality	Personal Values in Relationships	Sexploitation	Impact of Family Breakdown
	Week 6	Kindness and Empathy	Online Echochambers	Self Safety and Sexting	Digital Abuse	Forced Marriage and HBV
<b>FEB HALF TERM</b>						
HT4 Health and Wellbeing	Topic	<b>HEALTH &amp; HYGIENE</b>	<b>SUBSTANCE MISUSE</b>	<b>STAYING SAFE ONLINE</b>	<b>STRESS MANAGEMENT</b>	<b>EXAMS AND MENTAL HEALTH</b>
	Week 1	Diet	Alcohol	Grooming	What is Stress?	Exam Stress...Revisited
	Week 2	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>
	Week 3	Importance of Exercise	Smoking	Online Stress	Biology of Stress	Sleep Hygiene
	Week 4	Dental Hygiene	Vaping	Cyber Crime	Stress and Illness	Top Tips for Exam Season
	Week 5	Immunisation and Vaccinations	Cannabis	Gaming vs. Gambling	Managing Stress	Revision Planning
<b>EASTER</b>						
HT5 Living in the Wider World	Topic	<b>DIGITAL LITERACY</b>	<b>PEER INFLUENCE &amp; GANGS</b>	<b>LAW, ORDER &amp; GOVERNMENT</b>	<b>FINANCIAL DECISION MAKING</b>	<b>EXAM SEASON</b>
	Week 1	Digital Footprint	Peer Pressure	Purpose of Laws	Budgeting	
	Week 2	Employability and Online Presence	Anti-Social Behaviour	Role of Government	Saving and Borrowing	
	Week 3	Trolling	Gang Exploitation	How are Laws Made	Careers, Income and Work	
	Week 4	Fake News	Joint Enterprise	Role of Monarch	Money and Wellbeing	
	Week 5	Online Scams	County Lines	Role of Police	Money Laundering	
	Week 6	Impact of Advertising	Knife Crime	Role of Courts	Pensions	
<b>MAY HALF TERM</b>						
HT6 Relationships	Topic	<b>DIVERSITY</b>	<b>TYPES OF RELATIONSHIPS</b>	<b>INTIMATE RELATIONSHIPS</b>	<b>COMMUNITIES</b>	<b>EXAM SEASON</b>
	Week 1	British Values	Indicators of Positive Relationships	Laws Around Sex	Multiculturalism	
	Week 2	Protected Characteristics	Parental Responsibility	Consent and Age of Consent	Extremism and Terrorism	
	Week 3	Religion	Relationships with Family	Sexual Health + Contraception	Radicalisation and PREVENT	
	Week 4	Race	Professional Relationships	Teenage Pregnancy	Hate Crimes	
	Week 5	<b>PRIDE WEEK</b>	<b>PRIDE WEEK</b>	<b>PRIDE WEEK</b>	<b>PRIDE WEEK</b>	
	Week 6	<b>CULTURE DAY</b>	<b>CULTURE DAY</b>	<b>CULTURE DAY</b>	<b>CULTURE DAY</b>	
	Week 7	Year Reflections	Year Reflections	Year Reflections	Year Reflections	
	Week 8					