

2nd July 2018

Dear 2nd Form Parent

As we come to the end of an academic year, it seemed a good opportunity to give you some information about the PSHE programme that your son or daughter has experienced throughout their second form year.

They have been taught in their tutor groups and we run a rotation of three/four lessons with five different teachers throughout the year. Each teacher focuses upon one of the following areas:

- 1) Health & Wellbeing with a particular focus upon legal and illegal substance abuse, managing different influences on their decisions about drugs and the risks and consequences involved including how to access health services and whom to talk to if they have concerns.
- 2) Health & Wellbeing with a particular focus on the importance of balance relating to exercise, diet, work etc. Media and its influence on body image and factors related to this including eating disorders and how to access help.
- 3) A knowledge of basic first aid and life-saving skills.
- 4) Living in the wider world with a particular focus upon Internet Safety and developing campaigns to raise awareness of important issues regarding cyberbullying and E-safety.
- 5) Living in the wider world with a particular focus upon diversity, tackling discrimination and prejudices, the unacceptability of derogatory language and how our British political systems protect and enable our rights in society.

We hope your son/daughter has enjoyed their PSHE lessons. You may find the following links useful as conversation starters at home if you wish to discuss any issues related to the content they cover in class.

Kind regards

Heather Garland and Anne Bantin

(Heads of PSHE)

Alcohol: <https://alcoholeducationtrust.org/>

First Aid: <https://www.redcross.org.uk/>

E-safety: <https://www.thinkuknow.co.uk/>