

Dear 1st Form Parent

As part of your child's education at Kimbolton School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme.

Your child is taught in their form group on a Tuesday, every other week, and we run a rotation of three/four lessons with five different teachers throughout the year. We are about halfway through the programme now so your child will have experienced three out of the five rotations.

Each teacher focuses upon one of the following areas:

- 1) Mr Hall - Health & Wellbeing with a particular focus on personal strengths, self-confidence, self-esteem and dealing with changing circumstances.
- 2) Mrs Garland - Relationships with a particular focus upon changes experienced during puberty, personal hygiene and emotions that may arise in friendships and how to deal with them. Where to seek advice and help for dealing with unhealthy relationships.
- 3) Headmaster - Relationships with a particular focus upon communication skills, assertiveness, receiving constructive feedback and bullying behaviours.
- 4) Mr Belbin - Health & Wellbeing with a particular focus upon reducing risk, personal safety especially accident prevention, road safety, getting help in emergency and risky situations and how to handle peer pressure.
- 5) Mrs Stewart - Study Skills with a particular focus of different styles of learning, personal review and planning, developing organisational skills, revision skills, essay planning and exam question decoding.

We hope your son/daughter is enjoying their PSHE lessons. Many of the topics we cover are revisited in tutor time with their tutors as well. You may find the links at the end of the letter useful as conversation starters at home if you wish to discuss any issues related to the content they cover in class.

We have included a link about pornography as the Children's Commissioner published some new research (from participants aged 16-21) recently that you or your child may have seen in the news.

We cover these issues in an age-appropriate way with our students in school, with a focus upon helping our young people to know where they can seek help if exposed to inappropriate content online and understanding aspects of healthy relationships but it also helps if parents and carers are able to equip themselves to have proactive conversations with children, and this guidance may be helpful [Guide for Parents: Young People's Advice on talking to your child about online sexual harrassment](#)

If you have any questions or feedback, do please get in contact.

Kind regards

Heather Garland and Anne Bantin

(Heads of PSHE)

Bullying: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

Puberty:

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

Pornography: [Parents' Fact Sheet on Online Pornography and Age-verification | BBFC](#)

Link to our RSE Policy: <https://www.kimbolton.cambs.sch.uk/policies>