

Dear 2<sup>nd</sup> 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.

This year your child is taught PSHE 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.

- 1) Mr Walker - Health & Wellbeing with a particular focus upon mental and emotional health and 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) Mr Belbin - 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) Mrs Lawless – A knowledge of basic first aid and life-saving skills.
- 4) Mrs Bantin - Relationships with a particular focus upon Internet Safety regarding cyberbullying and managing personal safety online.
- 5) Mrs Smith - 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 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 this 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, please do get in contact.

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/>

Body Image: <https://www.childline.org.uk/info-advice/you-your-body/my-body/>

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