



15 October 2024

Dear Parents/Guardians,

III Group PSHE Drop Down Day, Thursday 7th November 2024

I am writing to you with further information about our planned drop down day after half term to enrich the students learning in PSHE. As we moved the teaching of PSHE to the Company Advisers this year, I identified two units of learning that are more sensitive and would benefit from being taught by subject specialists. One of these units is Substance Use and Gangs, which explores how and why substances are used, what the risks are and how to seek support about these concerns.

I am very pleased that we will be welcoming in a specialist drugs educator Dave Parvin from Drugs Sense UK to speak to the students.

The plan for the day:

<p>P1 and P2 Theatre Dave Parvin Drugs Sense UK</p>	<ul style="list-style-type: none"> • Vaping: <ul style="list-style-type: none"> ○ Nicotine addiction ○ Health implications ○ Support to stop using vaping devices • Cannabis: <ul style="list-style-type: none"> ○ Variety of types young people may come into contact with ○ Potential harms of using cannabis • County Lines: <ul style="list-style-type: none"> ○ Grooming techniques gangs use to sell drugs ○ Knife crime • Exit strategies: <ul style="list-style-type: none"> ○ How to manage situations in which drugs are being used or offered ○ Support networks that can help
<p>P3 Theatre Police Community Support Officer</p>	<ul style="list-style-type: none"> • How to stay safe in the community • How the Police can support young people
<p>P4 In usual Maths classroom and with Maths teacher</p>	<ul style="list-style-type: none"> • Reflections on the day • Signposting for support • Lizzie Hedderson to support
<p>P5</p>	<p>OPPs lesson as usual</p>

The day has been carefully planned using the PSHE Association Framework and adapted to ensure it is age appropriate for our school. We do not use fear or shock tactics with the students, the aim of the day is to



empower young people to make healthy and informed decisions. Early education about drugs is key to help our students feel secure to make confident and healthy choices.

You may like to discuss this topic with your child both before and after the day. Please do look at the resources available on The Wellbeing Hub to help with discussions at home, particularly in the Resources section about Alcohol and Drugs. You can find a link to set up your account with The Wellbeing Hub [HERE](#).

I am very happy to discuss any concerns you may have about the day and if your child may need additional support with the topics. St Chris staff will be present in every session to address any issues that might arise during the day.

We very much hope that this will be an informative and interesting day for the students.

With best wishes,

Lizzie Hedderson
Assistant Head, Pupil Development and Wellbeing

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