



12 December 2024

Dear Parents/Guardians,

**I Group PSHE Drop Down Morning, Tuesday 14 January 2025**

I am writing to you about our planned drop down morning after half term to enrich the students learning in PSHE. As we moved the teaching of PSHE to the Company Advisers this year, I recognised that the unit ‘Health and Puberty’ is more sensitive and would benefit from being taught by subject specialists.

We will cover the learning about Health and Puberty across the following sessions:

Wednesday 8 January, Company Time PSHE	Introduction to learning about Health and Puberty Using appropriate language, asking awkward questions, respect for one another <i>Lizzie, Social Library</i>		
Tuesday 14 January, Drop Down Morning	P1	How to manage physical and emotional changes during puberty, personal hygiene <i>Lizzie, L5</i>	Menstrual wellbeing and understanding the menstrual cycle <i>Robyn, B2</i>
	P2	How to make healthy lifestyle choices including diet, dental health, physical activity and sleep <i>Lizzie, Social Library</i>	
	P3	How to manage physical and emotional changes during puberty, personal hygiene <i>Lizzie, L5</i>	Menstrual wellbeing and understanding the menstrual cycle <i>Becky, B1</i>
Wednesday 15 January P1 PSHE lesson	How to recognise and respond to inappropriate and unwanted contact <i>Lizzie, Social Library</i>		

The day has been carefully planned using the PSHE Association Framework and adapted to ensure it is age appropriate for our school. The aim of the day is to empower young people to make healthy and informed decisions about their own bodies, as well as learn to understand and respect everyone else’s body.

You may like to discuss this topic with your child both before and after the lessons. Please do look at the resources available on The Wellbeing Hub to help with discussions at home, particularly in the Resources section. 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 learning and if your child may need additional support with the topics.

With best wishes,

Lizzie Hedderson  
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