

3<sup>rd</sup> February 2022

Dear Parent/Carer,

We believe that promoting the health and well-being of our pupils is an important part of our students' overall education. Currently, there is a vast amount of information about relationships and wellbeing on the internet, on TV and in magazines which children and young people are exposed to. This can sometimes make an already confusing world seem even more complicated.

If students are provided with timely and age appropriate information about their feelings and relationships, they can make their transition into adulthood with the confidence and knowledge to understand what they are experiencing, and hopefully grow into confident and healthy adults able to make positive choices.

As part of the school's Personal, Social, Health and Economic (PSHE) Education programme, your child receives lessons on Relationships and Sex Education (RSE) in form time, in PSHE, and on ERA day experiences.

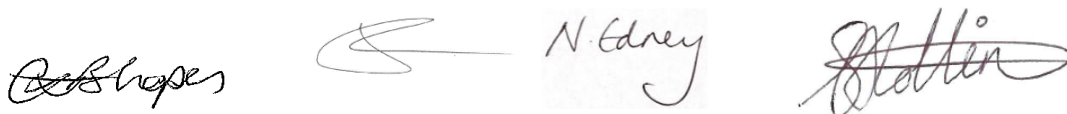
On Friday 4<sup>th</sup> February we will be having a mini ERA day and welcoming the Upfront Theatre Company into school to deliver a performance and subsequent interactive workshop to all our Year 8 and Year 9 students.

- *The performers begin with an introduction and clarify some of the facts, figures and myths surrounding mental health.*
- *The play follows the friendship of three year 9 students over a 2 year period and explores mental health, coping mechanisms & emotional well-being. Through their separate struggles we explore the dangers, consequences and help available for some of these problems.*
- *Following the play, the actors will facilitate a 30 minute post-show lecture. Students will be invited to impart advice to a character putting herself in risky situations.*
- *Forum theatre will be used to explore in further detail a scene between 2 friends - one is struggling with his emotional wellness and feeling sad, but his friend feels uncomfortable and unsure how to help. Students will have the opportunity to suggest actions to help each character & explore the role & level of responsibility of the friend as well as the person struggling.*
- *The play does have some challenging content. Our Student Welfare Officers will be around to offer support if the issues raised affect the students.*

Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. If you wish to withdraw your child from the lessons on sexual health and safe relationships please inform the pastoral team by emailing Mrs Summers (Y9) or Miss Burgess (Y8).

We look forward to delivering this important session to our Year 9 and Year 8 students.

Yours sincerely,



Emma Lopes, SMSC Lead and Jon Roberts, Natalie Edney and Sophie Collins, Progress Leaders

