

26th October 2023

Dear Parents/Carers,

Year 7 have just completed the first of the units of study in their LIFE lessons. They have been exploring *Zones of regulation*. This unit of study has supported them in identifying triggers which may impact upon their ability to regulate their feelings and strategies, in order to help them manage emotions.

This week we have begun the first of the statutory RSHE (Relationships, Sex and Health Education) programmes of study. This unit of work looks at a number of areas of health and wellbeing. Our students start by looking at puberty and the scientific reasons for the changes in our body. The unit moves on to look at topics such as body image, what makes for healthy relationships and the pressures to engage in "sexting," exploring both the emotional and legal consequences of this.

As with all subjects in school, we would hope that your child will discuss their learning in these lessons with you.

We recognise that some of these topics may be sensitive for you and your child, so should you wish to discuss the content of the lessons in any more detail, please do contact me at school.

Kind regards

Toni Wilden
KS3 Pastoral lead