

2 March 2023

Dear Parents/Carers

On Monday 6 March there will be a timetable change and your child will have a PSHE lesson during Period 5. The lesson will be taught in their normal Period 5 lesson and room unless they hear otherwise. The lesson will be on mental health first aid.

The learning objectives are:

- Know and understand why relationships can break down and the effects of change in relationships – loss, separation, divorce and bereavement.
- Be able to recognise the stages of grief and bereavement in people's behaviour.
- Know strategies for managing changing relationships.
- Know where to access support.

If you feel there are any sensitivities for your child around this subject please let us know.

If it's possible for you to follow up with discussions at home this will help to embed the learning.

If you think of any areas we can improve upon then please let us know.

Kind regards

Yours sincerely



MWilkins, PSHE Co-ordinator

MWilkins@castle.somerset.sch.uk