



9 February 2021

Dear Parents/Carers

**Year 10 PSHE Lesson**

On Tuesday 23 February there will be a timetable change and your child will have a PSHE lesson during Period 1 via TEAMS. The lesson will be taught in their normal Period 1 lesson and TEAM by one of our specialist teachers.

We are adjusting our curriculum to address subjects we feel are most relevant and useful to our students and families during this time – please don't worry, we will still be covering the breadth of the normal PSHE curriculum but at the most appropriate time.

The learning objectives for the lesson are:

- identify what happens when we sleep
- describe the benefits of good quality sleep
- explain strategies to promote good quality sleep and where to seek support if sleep is difficult

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

M Wilkins, PSHE Co-ordinator  
[MWilkins@castle.somerset.sch.uk](mailto:MWilkins@castle.somerset.sch.uk)