

12 January 2023

Dear parents and carers

On Monday 30 January, your child's year group will be having a PSHE lesson in period 5. This letter is to let you know the content of the lesson and assure you we use a specialist team of teachers to teach the more sensitive areas to our students.

Please could you let the school know if you feel your child may have any issues with the content of the lessons. All subjects are taught in a sensitive way and no student is asked to share any personal information about themselves, their wider families or circumstances. Also, if you are aware that your child is anxious around change to their routine, could you please talk the changes through with them.

If you have any feedback either from yourself or from your child please don't hesitate to email me as this means that we can continue to develop an enriching and relevant PSHE programme.

Also, if you would like to be involved in a parental group looking at the provision we provide for SRE (Sex and Relationship Education) again please get in touch.

The subject of the lesson is: Sleep

The learning objectives for students are:

- why sleep is important
- strategies to improve sleep
- how physical activity links to sleep
- how social media and technology can affect sleep
- where to seek support with sleep

Yours sincerely

Mr M Wilkins
Head of PSHE