

Headteacher: Mr D. Whales | Chair of Governors: Mr A. Brown

21st October 2025

Dear Parent/Carer of Year 7 Students

Re: Health and Puberty – Term Focus

I hope this letter finds you well. I am writing to inform you that part of next term's Personal Development curriculum will focus on the topics of health and puberty. These sessions are designed to be informative and supportive, equipping students with essential knowledge to help them navigate this important stage of their lives.

To ensure the content is delivered in a respectful and inclusive manner, we will be running additional sessions during tutor time where students will be separated by gender. This approach allows us to address specific changes relevant to each group while also being mindful of the moral and religious values held by members of our school community.

Our aim is to create a safe and open environment where students can learn about their bodies, emotions, and overall well-being. The curriculum has been carefully planned to cover a range of health-related topics, including physical, mental, and emotional aspects. We will also be addressing puberty, consent, the risks of sharing images, and Female Genital Mutilation (FGM). All content will be delivered with sensitivity and in line with guidance from professional bodies to ensure it is age-appropriate and respectful.

Throughout the term, students will take part in discussions, activities, and educational sessions that promote a positive attitude towards personal development and well-being. We encourage students to ask questions and engage actively in their learning.

To support this learning at home, we encourage parents and carers to have open conversations with their children about health and puberty. Your involvement is key to reinforcing the messages delivered in school and helping your child feel confident and informed.

Our staff are well-prepared to support students and respond to any questions or concerns they may have. If you would like to discuss any aspect of the curriculum further, please feel free to contact your child's form tutor or myself, as I am currently overseeing the delivery of Personal Development across the school.

Thank you for your continued support in helping us provide a well-rounded education for our students.

Yours sincerely



Mr M Tomkin
Personal Development Lead