



Thursday 8th January

Dear Parents and Carers,

As a part of your child's education at Halewood Academy we promote personal wellbeing through a comprehensive Personal Development (PD) Programme. This is all encompassing of various elements that make up the wider academic curriculum that students access whilst studying throughout their 5 years at Halewood Academy.

The aim of this is to ensure children have the knowledge, skills, understanding, attitudes and practical skills to live a safe, healthy, productive life and meet their potential in every way. I am writing to let you know that your child's class will be taking part in lessons that will focus specifically on the Health and Wellbeing aspect of this programme. PD lessons for this term will cover the following content for respective year groups.

- Year 7 will cover how to manage emotions positively, with a focus on friendships and self-awareness, learn how to respond safely in emergency situations through basic first aid training, and develop an understanding of personal wellbeing by learning about puberty, personal space, inappropriate and unwanted contact, and sensitive issues such as Female Genital Mutilation, including how and where to access help and support.
- Year 8 will cover the different types of drugs (medicinal, recreational and over-the-counter) and the risks and pressures linked to substance use, explore the influences and consequences of vaping, and develop a stronger understanding of mental health by challenging misconceptions, building emotional resilience, and learning strategies to support their own wellbeing and cope with setbacks.
- Year 9 will cover the qualities of healthy and unhealthy social groups, including why young people may feel influenced to join gangs and the serious social, legal and physical risks involved, alongside developing an understanding of the strong link between physical and mental wellbeing by learning how to support others, maintain healthy sleep habits, and recognise the influences on diet and exercise choices.
- Year 10 will cover the opportunities and challenges young people face as they move through adolescence and into adulthood, learning how mental health and emotional wellbeing can change over time and how to manage this through positive strategies such as reframing negative thinking and building resilience. Students will develop the skills to recognise signs of mental health concerns in themselves and others, understand the mental health continuum, and know when and how to seek support. They will also explore the influence of role models and wider social pressures, including links to knife crime, gang culture and county lines, and assess the risks and consequences of harmful behaviours. Alongside this, students will learn strategies to reduce the impact of addiction related to substance use and gambling, helping them make safer, more informed choices for their future.



HALEWOOD ACADEMY

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- Year 11 will cover how to manage time online positively and purposefully, alongside understanding the nature, causes and effects of stress and anxiety, and developing strategies to support their own wellbeing and others. Students will learn about healthy sleep habits, building self-confidence and self-efficacy, and how to challenge stereotypes and judgement. They will also focus on balancing ambition with realistic expectations, particularly in relation to exams and online pressures, while strengthening resilience, motivation and a healthy self-concept. In addition, students will develop important knowledge about physical health by learning why screening and self-examination are important, how to carry these out safely, and how early identification can help prevent illness. They will also explore the meaning and impact of blood, organ and stem cell donation, including why donations are needed, the choices involved, and the law around organ donation in England.

Pupils will also have opportunities to ask questions that help prepare for the modern world. All resources that are used to teach this unit of work are compliant and approved for use by the PSHE Association; are age appropriate and are fully informed by the DfE policy for Relationships, Sex and Health Education. No explicit imagery is used to cause shock, and all aspects are delivered in the most appropriate way suitable to young people following statutory guidance.

Please visit the school's website for more information about our PD curriculum. As a school community we are committed to working in partnership with parents and families and request should anyone have specific feedback about our Personal Development Curriculum that they contact school using the details below.

Mr Gareth Harrison, Vice Principal, gharrison@halewoodacademy.co.uk

Yours sincerely,

Mr G Harrison

Vice Principal