



# Sir Graham Balfour School

Member of Sir Graham Balfour Multi-Academy Trust

Our Ref: FEH / VM

9<sup>th</sup> March 2020

Dear Parent/Carer

## **PSHE Day – Personal Safety and Well-Being**

Over and above our delivery of a wide curriculum, we believe that promoting the health and well-being of our pupils is an extremely important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) course. This looks at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE course is to help our pupils make safe and informed decisions both during their school years and just as importantly, beyond.

With this in mind, we have a day dedicated to the Personal Safety and Well-Being of students in Years 7-10. On Friday 13<sup>th</sup> March 2020 we will be having a number of guest speakers visiting school to deliver sessions on a range of topics. Please be assured that I have thoroughly checked the content of the presentations and I am happy that all material is age appropriate. The topics to be covered are cyberbullying; the dangers of drugs and alcohol; knife crime; Kindness to ourselves and others. In order to support these topics we will be showing the Odd One Out documentary created by Little Mix star Jesy Nelson; delivering a talk on Understanding the Law led by Staffordshire Police; Be Kind: a classroom based reflective activity giving students the opportunity to address how we as a community ensure kindness, care and concern for all; and, addressing the national concern about Knife Crime delivered by West Midlands Police Schools Community Liaison Officer. Our guest speakers are trained instructors and will conduct a session which engages your child to think about their feelings, their actions and decisions and how this may impact upon their future.

We believe parents play an invaluable part in the education of their children. In fact, nearly half of all teenagers say that parents are the most influential people in their lives in regards to making decisions and having a deeper understanding of both local and national issues. To this end, both the school and our guest speakers hope to partner with you to help your child make great decisions for his/her future. You are encouraged to use this as an opportunity for open discussions with them and to help them set appropriate boundaries.

I have included some websites below to help support any discussions you may have at home, but also offer advice and support to both you and your child/children.

[www.childline.org.uk](http://www.childline.org.uk)

[www.childnet.com](http://www.childnet.com)

[www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/)

[www.thinkuknow.org](http://www.thinkuknow.org)

If you wish to discuss any of the above further, please do not hesitate to contact me at school.

Yours faithfully

**Mrs F Hartley**

**Senior Assistant Headteacher and Designated Safeguarding Lead.**