



5th October 2023

Dear Parent/Carer,

Re: Personal Development Curriculum

For students to thrive in an increasingly complex and diverse world, they require the confidence, knowledge and skills to make informed decisions about their lives independently. An effective personal development curriculum enables our students to develop the attributes they need to stay healthy, be safe, prepare them for life and work as productive citizens in modern day Britain.

Students across the academy have made a positive start to their personal development lessons, covering their first topic about positive mental health, wellbeing and happiness during morning and afternoon registration with their tutors. Students will cover six different topics across the year, each delivered with the intention of increasing the students' wellbeing and therefore enabling them to live happier lives.

Here is a reminder of our six topics for our personal development curriculum this year:

- Wellbeing through positive mental health and becoming happier
- Wellbeing through keeping safe, recognising and avoiding exploitation
- Wellbeing through respect, acceptance and equality
- Wellbeing through families, growing up positively and respectful sexual relationships
- Wellbeing through political understanding and empowerment and economic well being
- Wellbeing and positive mental health supported by physical health

During unit two, students will focus on remaining safe and avoiding exploitation, both on and offline. We believe this will support students in recognising when they could be in danger. These lessons will be delivered in a way that empowers them to make the best decisions for their own wellbeing and the wellbeing of others. Please find more details of topics covered [here](#).

We appreciate that some of the objectives covered in this unit may be sensitive for some of our students. If you wish to highlight to us any areas of concern, please do so in advance by contacting your child's Head of House ([contact details on the website](#)). However, all lessons will be delivered in a

sensitive manner and will focus on positive steps to support all students and not on individual experiences.

Yours sincerely,

A handwritten signature in dark ink, appearing to read 'K Stafford'. The signature is written in a cursive, flowing style.

Mrs K Stafford
Assistant Principal
Futures & Community