

Headteacher Mr M Cunniffe

Thursday 23<sup>rd</sup> May 2024

### PSHE Sessions

Dear parents

After half term, the children in year 5 and 6 will be taking part in PSHE sessions run by an associate from registered charity, Key, a charity based in Lancashire focusing on helping young people and their families. The focus of these sessions will be 'Healthy Relationships'.

Delivery of the programme will be non-judgmental, sensitive, and inclusive and will provide pupils with opportunities to ask questions in a safe environment. As a result, children will be empowered to identify unhealthy behaviour and have increased skills and knowledge to make safe, informed and healthy choices.

The healthy relationships programme covers many topics including friendships, conflict, bullying, safe and unsafe secrets, how to say no in verbal and non verbal ways, empathy towards others and their situations, resolving conflict without violence, calming breathing techniques, and self-care. Each session will be discussed prior delivery with your child's teacher.

From the outset the healthy relationships worker will tell the young people that they are safe to talk about these things and ask questions, but if the worker is really concerned for their safety and feels they are at risk of harm they will have to share this further, the worker will explain the next steps to the young person and offer advice and information to help them keep safe.

The healthy Relationships workers will not hold personal details for children and young people therefore a designated safeguarding lead or other relevant member of staff in the school will support your child.

If you have any further questions or would like more information about these sessions. Please do not hesitate to contact me.

Kindest regards,


*M. Cunniffe*

Mr. M Cunniffe  
Headteacher  
Northbrook Primary Academy



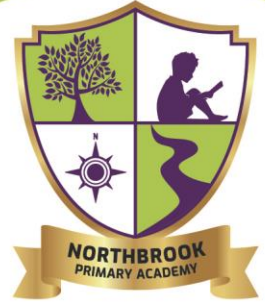
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 Bannister Drive, Leyland, Lancashire, PR25 2GB



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## Parental Consent Form

Child(ren)'s Name(s): \_\_\_\_\_

Please tick the statements that apply:


I do give permission for my child/children to be involved in the activities described in the letter.

I do not give permission for my child/children to be involved in the activities described in the letter.



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