

3rd March 2026

Dear Parents/Carers,

I wanted to inform you that this term, and next term, in PASHE, Year 7 pupils are exploring, "What will help me deal with my emotions?" The focus is on healthy ways to deal with difficult feelings during puberty and exploring what constitutes a healthy relationship. It will also explore different types of relationships.

The topic will allow them:

- To re-cap what they have learnt, in Year 6, about the physical and emotional changes during puberty and sexual reproduction.
- To re-cap knowledge about different types of relationships/sexuality.
- To explore in more depth ways puberty can affect emotions.
- To know some of the challenges that may be faced by young people and have considered ways to deal with these challenges.
- To know what free support is out there for me e.g. Childline/Mental Health Apps.
- To know what the term "Mental Health" means, and I know ways to stay mentally healthy (e.g. STOP NOW).

All the content is age-appropriate and pupils will have opportunities to ask anonymous questions which will be answered carefully in an age-appropriate manner. All resources can be viewed on Selwood Academy's website using this link <https://selwood.somerset.sch.uk/curriculum/subjects/pashe>

If you would prefer for your child to be withdrawn from any specific sessions specifically relating to sexual intercourse please could you email by **Wednesday 4th March** on JHowell@selwood.mnsp.org.uk

Best wishes,

Jennifer Howell

'Let your light shine before others' Matthew 5 v 16
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Safeguarding is everyone's responsibility - Selwood Academy is committed to safeguarding and promoting the welfare of our children and we expect all members of staff, volunteers and visitors to share this commitment.