

18 April 2024

Dear Parents/Carers

I am writing to inform you that this term in PASHE, Year 7 pupils will be exploring, "How to be Well and Safe". The focus is on healthy ways to deal with difficult feelings during puberty.

**The topic will include:**

- \*Re-capping physical changes that happen during puberty.
- \*Exploring emotional issues that may arise during puberty, including: self-care during menstruation, handling rejection, confusion over sexuality, peer pressure relating to sexual experience and coping with bereavement.
- \*Re-capping different types of relationships.
- \*Ways to manage strong feelings in puberty, including sexual attraction.
- \*The law surrounding consent.

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.

If you would like to look more closely at some of the resources which will be used please go to <https://www.selwood.somerset.sch.uk/curriculum/subjects/pashe>

If you would prefer for your child to be withdrawn from these sessions please could you email me on [Jennifer.Howell@selwood-academy.co.uk](mailto:Jennifer.Howell@selwood-academy.co.uk) by Friday 24<sup>th</sup> April 2024.

Yours sincerely

**Jennifer Howell**  
**Head of PASHE/R&P**

**'Let your light shine before others' Matthew 5 v 16**  
**Head Teacher: Mr Daniel Jeffries BA(Hons) MA NPQH NPQEL**

Selwood Academy, Berkley Road, Frome, Somerset, BA11 2EF  
Telephone: 01373 462798  
email: [selwoodacademy@selwood-academy.co.uk](mailto:selwoodacademy@selwood-academy.co.uk) web: [www.selwood.somerset.sch.uk](http://www.selwood.somerset.sch.uk)

Registered Company Number: 7814065  
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.