



# TARLETON ACADEMY

Mrs L MacLaren  
Interim Executive Headteacher

12<sup>th</sup> January 2024

Dear Parent,

## Personal Development Day - Wednesday 17<sup>th</sup> January 2024

As many of you are already aware, as part of our Personal Development Curriculum we deliver our Personal, Social, Health and Careers Education (which includes Sex and Relationships Education) on collapsed curriculum days throughout the year, when the normal timetable is suspended. We follow closely the National Curriculum on these days, which includes a number of statutory (compulsory for us as a school) elements. The topics we cover on these days include areas which will genuinely make a difference to the life choices your children make. We take our responsibility to educate our young people in a much broader sense (more than simply passing exams) very seriously.

I am pleased to inform you that our second drop down day of this academic year will be taking place on Wednesday 17th January. Students will be involved in the following sessions:

- Year 7 will develop their knowledge of personal safety and first aid, the dangers of smoking and vaping and have a session led by West Lancashire Police focusing on Gang and Knife Crime. They will also take part in an informative puberty and periods session. Finally, students will explore ways in which they can manage their emotions in a variety of different circumstances.
- Year 8 will participate in a range of sessions to develop their knowledge and risks associated with energy drinks, smoking/vaping and cannabis. There will also be two further sessions looking at mindfulness and self-awareness. This year the curriculum includes a cancer awareness session which is designed to support students' knowledge and understanding, with an opportunity to ask any questions they may have.
- Year 9 students will cover the risks and the law in relation to drugs and alcohol. Students will also investigate why we have rules in school and how these are important to support them outside of school and later in life. Two further sessions about mental health - why people self harm and strategies that can be used to promote good mental health. It is vital that whilst students developing their understanding they also know where to go for support both in and out of school.
- Year 10 students have a number of outside visitors coming into school to work with them on Wednesday. West Lancashire police will deliver a session on hate crime, Careers North will also be in school to deliver a session which prepares students for their Work Experience Placements later in the year and the Army will be delivering an assembly followed by a practical activity - **students will need to bring full PE kit for this active session in the Sports Hall**. There will also be an informative session which prepares students with higher education, specifically learning more about going to university.



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- Year 11 students have a visiting speaker from the Liberty Centre to speak to the students about domestic violence. Further sessions include body positivity, gambling addiction, contraception and exploring the facts and impact of being a new parent.

As these days have so much vital information condensed into them, students who are absent will miss important information that could impact on future life choices which is vital to their wider education and well-being. As such, **any child who is absent on a Personal Development day will be expected to complete a review task of the sessions from the day, which will be set by myself on Classcharts with a one week deadline.**

If you have any questions, please do not hesitate to contact me directly.

Yours faithfully,

**Mrs K L Berry**  
(Assistant Headteacher – Progress and Intervention)