

26th October 2023

Dear Parents/carers,

Year 8 have just completed the first of the units of study in their LIFE lessons. They have been exploring *Zones of Regulation*. This unit of study has supported them in identifying triggers which may impact upon their ability to regulate their feelings, along with strategies to help them manage emotions.

This week we have begun the first of the statutory RSHE (Relationships, Sex and Health Education) programmes of study. This unit of work looks at a number of areas of health and wellbeing. Our students start by looking at mental health and the links between physical wellbeing and mental wellbeing. They will explore anxiety and stress, looking at strategies to help with these, before moving on to look at topics linked to body image and eating disorders.

As with all subjects in school, we would hope that your child will discuss their learning in these lessons with you.

We recognise that some of these topics may be sensitive for you and your child. As well as the school's Deep Support team (your child's tutor, learning manager and pastoral lead, as well as the safeguarding team), we also have a number of external support agencies such as Ispace and the Wellbeing in Mind team, which your child can access if they are struggling with any of the issues identified in these units of study.

Should you wish to discuss the content of the lessons in any more detail, please do contact me at school.

Kind regards

Toni Wilden
Pastoral Lead - KS3