



13 October 2023

Dear Parents and Carers,

Year 10 PSHE Drop Down Morning

I am writing to inform you about the PSHE provision for Year 10 students on Friday 20th October 2023, periods 1-2.

Students will be taken off the standard timetable and receive sessions about understanding mental health and strategies to build emotional resilience which will be delivered by School staff.

The sessions aim to help students understand their own and others' emotions, develop healthy coping strategies and seek appropriate support. This will equip them with the skills to live safe, healthy and productive lives, extending beyond the classroom and into the wider world.

Teaching about mental health and emotional wellbeing is a requirement as part of statutory Health Education. Resources used will align with the teaching requirements of the statutory guidance, be sensitive to students' experiences and backgrounds and are age appropriate.

As a School community, we are committed to working in partnership with our parents and carers. If you would like to find out more information or discuss any queries, then please do not hesitate to contact the school by phone or emailing contactus@rooksheath.harrow.sch.uk.

Yours sincerely,

Miss A. Madlani

Wellbeing and Personal Development coordinator

