



14 May 2026

Dear Parents / Carers,

RE: Impressionable Minds Workshop

We would like to inform you that on Tuesday 19th May, our Year 7, 8 and 10 students will be taking part in a workshop delivered by the charity Impressionable Minds in partnership with Watford FC Community Sports and Education Trust. Students will be taken off their timetabled lessons to attend the session as outlined below.

Year 7: Period 1 - 9.00am - 10.15am

Year 8 Period 2 - 10.15am - 11.15am

Year 10: Period 3 - 11.35am - 12.35pm

Impressionable Minds is a specialist education and early-intervention charity that works with young people to support their understanding of substance misuse, decision-making, and personal wellbeing. Their workshops are evidence-based and designed to be engaging and age-appropriate.

During the session, students will explore topics including the risks associated with drugs, alcohol, and other harmful behaviours. The workshop also aims to help students develop resilience, confidence, and the skills needed to make safer and more informed choices.

The session will include interactive activities, discussion, and real-life scenarios, giving students the opportunity to reflect on the impact that their decisions can have on themselves and others. The charity creates a supportive environment where young people feel comfortable asking questions and exploring these important topics.

We believe this will be a valuable opportunity for our students as they continue to develop the knowledge and skills needed to navigate challenges and make positive decisions.

If you have any questions or would like further information, please do not hesitate to contact the school via email at contactus@rooksheath.harrow.sch.uk

Yours sincerely,

Ms L Abbott
Acting Head of Year 10

Mr S Sharp
Head of Year 8

Ms H Capper
Head of Year 7

