



Dear Parent/Carer

The Department for Education requires us to deliver the statutory guidance for Relationships, Sex and Health Education (RSHE). This, alongside other key areas such as RE, Citizenship and Careers, makes up our personal development curriculum which is delivered at all Key Stages through assemblies and form time activities.

As part of this curriculum, we will be looking at pupils' ability to understand and focus on their mental health amidst the overwhelming demands of modern life. Pupils will have the exciting and informative opportunity to work with the Saltmine Trust. Using physical theatre and visual storytelling this production draws upon real life stories. Follow the lives of three teenagers as they battle anxiety, depression and doubts about their own self-worth.

Pupils will be shown how to acknowledge how to celebrate their identity and self-worth, know how to nurture positive mental health and be equipped with strategies and support networks to reach out if required.

This will take place on Monday 2nd February and Tuesday 3rd February 2026, for all pupils in years 7-10. They will experience a performance of "Ignite" and an interactive workshop to support their understanding.

Details of our RSHE Policy can be found on our website. This content is now statutory and forms a key part of our provision at school. Should you have any queries, please contact Miss Williamson in school.

Yours sincerely

Mr J Till
Headteacher