



HENLEY BANK HIGH SCHOOL

19th September 2023

Dear Parent/Carer

I am delighted to introduce myself as the lead for PSHE at Henley Bank High School. At Henley Bank we recognise the importance and value of PSHE, providing our young people within our school community the opportunity to learn and discuss a range of topics in a well informed and supportive environment. The topics being studied in Year 7 are:

- **Who am I?** Students will look into how identities are formed and different influences.
- **Puberty:** Students will explore what changes happen during puberty for both males and females and how these may make them feel.
- **Peer friendships/family:** Students will look at how to prevent discrimination and bullying in school and online. They will also look at different relationships they have outside of school.
- **Physical & Mental health:** Students will look at how to look after their physical and mental health, focusing on strategies such as; healthy eating and mindfulness.

If you have any questions about the PSHE curriculum or any of the content covered please find our Sex and Relationships policy on the school website or alternatively please send any questions for my attention to admin@henleybankhighschool.co.uk

Yours faithfully

Mrs H Benfield
Assistant Headteacher

AMBITION • CONFIDENCE • CREATIVITY • RESPECT • DETERMINATION