

Dear Parent/Carer

20 September 2021

We are writing to let you know about the Personal Development programme that your child will be following in Key Stage 4 as well as to introduce ourselves, Miss Francombe, Assistant Head, and Mrs Reed, who leads on PD. We will be your first points of contact should you have any questions or concerns regarding PD.

To embrace the challenges of creating a happy and successful adult life, young people need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Young people can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. Topics covered in the PD programme can support young people to develop resilience, to know how and when to ask for help, and to know where to access support both now and in the future.

As well as continuing to provide dedicated study time, your child will be following a programme consisting of key topics disbursed over the school year. Each session will be planned and resourced so as to develop prior learning from the KS3 PD programme. The resources and materials used will be age appropriate. The topics will include:

- Mental Health
- Relationships and Sexual Education – including Sexual harassment
- Drugs and Alcohol awareness and safety
- Water safety
- Money Wise
- Anti-bullying
- Diversity
- Basic first aid
- Revision and study strategies (including stress management)

This programme has been informed by best practice at a local and national level and also meets statutory guidelines provided by the Department for Education. The programme is designed to equip your child with the knowledge and skills they need to make good choices at an age-appropriate level. You are central to your child's education about personal development, and we are keen to ensure that parents are informed and consulted about the Personal Development programme at Uffculme School. If you would like any further information about any of the topics outlined above, would like to discuss any concerns or would be interested in contributing or attending parental workshops on any of the topics, please do get in touch.

Thank you for your continued support.

Yours sincerely



Katie Francombe
Assistant Head
francombek@uffculmeschool.net



Kate Reed
Personal Development Lead
reedk@uffculmeschool.net