

Drop-Down Day Tuesday 30th November 2021

Dear Parent/ Carer,

I am writing to inform you about our upcoming drop-down day which will be held on Tuesday 30th November 2021. The day is one of three scheduled days for this academic year, and will involve a collapsed timetable, comprising of a series of PSHE themes sessions linked to one of the 3 following strands:

- **Health and Wellbeing**
- **Relationships**
- **Living in the Wider World**

PSHE is a compulsory element of the school curriculum, and one that we consider to be exceptionally important at Lymm High School. Whilst our weekly Life Programme sessions cover a large quantity of the content required, the drop-down day will allow us to further extend and develop some of the key issues that we feel are important to us as a school and community. The day has been planned to allow students the chance to look at some of these areas and have the opportunity to pose important questions, hold meaningful discussions and reflect with purpose on some of the recent issues that impact our society as a whole. The themes for our first drop down day of this academic year are tied into the schemes of work that are scheduled for each year group, and look to build and extend on prior learning that has taken place. If you require further information about our PSHE provision, please [click here](#).

Please see below our plan for each year group.

<u>Year 7</u>	<u>Theme- Health and Wellbeing</u>
Session 1	Menstruation
Session 2	Healthy lifestyle – healthy cooking ideas
Session 3	Body first aid – Important tips on how to help a casualty in an emergency
Session 4	Mental health first aid – Introduction to Kooth
Session 5	No filter Lymm – self esteem

<u>Year 8</u>	<u>Theme- Health and Wellbeing</u>
Session 1	Influences and risky behaviour
Session 2	Drug awareness – caffeine and smoking
Session 3	Drugs and the law
Session 4	Considering positive approaches to healthy eating
Session 5	Mindfulness in your environment

<u>Year 9</u>	<u>Theme- Living in the wider world</u>
Session 1	Introduction and aims of the Day
Session 2	Prison life and emotional aspects of prison life
Session 3	Gun and knife crime
Session 4	Family perspectives and joint enterprise
Session 5	Exploitative relationships

<u>Year 10</u>	<u>Theme- Living in the wider world</u>
Session 1	Talk from Balfour Beatty and HS2 about careers within the industry
Session 2	Reflection and discussion/ reflection on personal skills and strengths
Session 3	My Personal Finance Skills "Staying safe from scams" Workshop
Session 4	STEM challenge
Session 5	Finances – planning and budgeting

<u>Year 11</u>	<u>Theme- Relationships / Mock preparation</u>
Session 1	Families – the role of families and marriage within society
Session 2	Abortion – fact, the law and ethical decision making
Session 3	The issue of consent (online talk with the School of Sex Education)
Session 4	English Language focus (with English specialist)
Session 5	English Literature focus (with English specialist)

It was excellent to see so many parents attend our recent webinar delivered by It Happens, and we are thankful to those of you who took the time to complete the questionnaire that was sent out in advance of the evening. We have evaluated this feedback, and will be using it to inform our future work surrounding Life Programme and the support we provide to parents and carers. Based on your responses, we wanted to send out information regarding our drop-down day with enough time for you to talk to your children about the themes prior to the day, and to get in touch if you have any questions or concerns. To support you with speaking to your children about sensitive topics, we have a few resources to help.

The first is aimed at parents of students in Year 10-13, and is an article which talks about RSE and it's importance: ["Relationships and Sex Education" - what does this mean for my teen and how can I help as a parent? \(theparentsguideto.co.uk\)](#) There is also a guide that you can use to guide sensitive conversations.

The second is [#AskTheAwkward - help to talk with your children about online relationships \(thinkuknow.co.uk\)](#) which aims to help parents and carers have regular conversations with their children about online relationships and more. The resource includes three short films created in a social experiment style, with real parents and their children to capture their reactions to a range of questions.

We will also be hosting a second webinar by 'It Happens' on **Tuesday 14th December 2021** which focuses on the topic of *'positive RSHE at Home- top tips for brilliant conversations'* and will send a zoom link for this nearer to the time. To see more about their work, including further material that you might find useful to support conversations at home, you can find it at <https://www.ithappens.education/>

Yours faithfully,

Miss T. Taylor

Assistant Headteacher- Raising Standards