



Wednesday 23rd March

Dear Parents and Carers,

I am writing to inform you that on your student will be taking part in a PSHE (Personal, Social and Health Education) Drop Down Day. This involves students being taught a number of different topics within the PSHE curriculum. The topics during both days centre around relationships and sex education.

Lesson	Year 10	Year 11
1	Reframing failure	Eating disorders
2	Looking after your mental and emotional wellbeing	Contraception
3	Stress and life events	Menstrual products
4	Low Self-esteem	STIs (staying safe)
5	Mental Illness	Body Image
6	The difference between fear and phobia	

The lessons are paramount for the welfare, safety and personal development of students. They will help equip students with the skills to keep themselves safe, both at school and in the community.

If you would like to discuss this day with a member of staff please contact either Miss Hickey (Assistant Principal) or Mr Fudge (PSHE Lead) via CABinfo@clf.uk

Yours faithfully,

Mr Fudge

PSHE Lead
Teacher of PE
The City Academy Bristol

Grit, Honesty and Team Spirit

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