

14th January 2022

Year 10 Off Timetable PSHE day: Mental health and wellbeing

Dear Year 10 Parents/Carers,

At Kensington Aldridge Academy we are committed to educating your child with the knowledge and skills they need to be successful in later life, both academically and in their wider social and emotional welfare. As part of your child's education, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education program.

I am writing to let you know that, on Thursday 20th January we are planning a whole day of lessons and speakers on mental health and wellbeing. This will take place within the normal timing of the school day, onsite. The day will include sessions on how to look after the mind and body, understanding the effects of illegal substances and addiction, and students' legal rights and responsibilities. External speakers include a NHS psychologist who will talk to students about positive self-talk, goal setting, how to recognize mental health issues in oneself and in others, and how to access help and support.

Our students are growing up in an increasingly complex world. They have many exciting opportunities ahead of them and it is our desire to equip them to navigate these opportunities safely and successfully. Please be assured that the lessons have been planned to reflect the breadth of views within our student community and to ensure that students learn that respectful debate is healthy and productive.

As a school community, we are committed to working in partnership with parents; parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the school's PSHE provision. If you would like to find out more or discuss any concerns, we are more than happy for you to contact us directly.

Best wishes,



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