



06 April 2022

Parents and Carers,

As a part of your child's education at The Nottingham Emmanuel School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, on Monday 25th April your child will be participating in a Drop Down Day, where regular lessons will be cancelled, in order to focus on the relationships and sex education (RSE) aspect of this programme. The Drop Down Day will have 5 sessions, as outlined below.

- Session 1 – First aid
- Session 2 – Preventative care and how to look after your body
- Session 3 – How to be a good friend
- Session 4 – Conflict and bullying
- Session 5 - Emotional resilience

Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website for more detail about our PSHE curriculum. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

We recognise this is a change in our regular schedule and so we wanted to make you aware these sessions are taking place.

If you would like to find out more or discuss any concerns, we would urge you to contact the school.

Yours sincerely,

C Bassett

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