

13th October 2023



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Dear Parents/Guardians of Year 8 Pupils

Since the beginning of this term, Year 8 have been looking at health and wellbeing in CPD. This has included both physical and mental health.

Over the next four weeks, we will be looking at coping strategies and this will include unhealthy coping strategies, i.e., self-harm and eating disorders and, of course, healthy ways in which we can manage our mental health.

During the 'Unhealthy coping strategies' lesson there will be discussions about what may trigger someone to self-harm as well as looking at age appropriate case studies and stories. No images are shared or ways to self-harm discussed. The lessons that we use have been written by the PSHE Association and are aimed at KS3.

Each lesson addresses the need to seek help and advice and where to get this help and advice from. Pupils will be supported should they recognise unhealthy coping strategies in themselves or others.

As these lessons are of a sensitive nature, your child may benefit from extra discussion and support from home.

If there is anything you think we should know, or you have any concerns, please get in touch.

Yours sincerely

Miss Butler
Head of PSHE



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