

**WREAKE  
VALLEY**



**ACADEMY**

**Headteacher: Tim Marston**

Wreake Valley Academy  
Parkstone Road, Syston, Leicester LE7 1LY

T: 0116 264 1080

E: [admin@wvacademy.org](mailto:admin@wvacademy.org)

W: [www.wvacademy.org](http://www.wvacademy.org)

Dear Parents and Carers

You will be aware that, as a part of your child's educational experience at Wreake Valley Academy, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal Development (PD) education. This gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

The Year 7 Personal Development programme covers three main areas: Health and Wellbeing, Relationships and Living in the Wider World. This term will focus on the Health and Wellbeing aspect of the programme. We will be covering the following topics in lessons:

- Keeping a healthy lifestyle through eating a balanced diet
- How exercise and rest contribute to a healthy lifestyle
- Physical and emotional changes during puberty and how to manage these changes
- The importance of personal hygiene
- Recognising everyday feelings and overwhelming feelings associated with mental health and the strategies for managing these feelings

To support your child with their learning it would be beneficial to discuss these topics at home. If there is anything you would like the school to be aware of that you haven't previously informed the school about then please don't hesitate to contact myself or the relevant Head of Year.

Thank you very much for your support.

Yours sincerely

Daniel Robinson  
Head of Personal Development



*Working Together Achieving More*