

**WREAKE  
VALLEY**



**ACADEMY**

**Headteacher: Tim Marston**

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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 9 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:

- The link between mental and physical wellbeing and the strategies for improving wellbeing
- Physical and mental symptoms of anxiety and some of the ways to deal with anxiety
- Mental health illnesses and their symptoms and ways for us to retain good mental health
- How to maintain positive self-esteem
- Making healthy choices about your body
- Different types of contraception and consequences of unprotected sex
- Online and offline risks and ways to keep yourself safe
- How we can improve our personal safety and ways we can help in a medical emergency

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*