



Personal Development - Spring 2 - Health and Wellbeing

Dear Parents and Carers,

At Thornden School, our Personal Development (PD) curriculum forms a core part of our Safeguarding and Wellbeing curriculum, supporting students to develop the knowledge, skills and confidence needed to stay safe, healthy and informed as they progress through secondary school.

Each half term, students explore a different theme. Following February half term, the Year 7 Spring 2 focus is Health and Wellbeing. This unit supports students as they begin to experience physical, emotional and social changes, helping them understand their bodies, their feelings and the importance of making safe, responsible choices.

Statutory PSHE and RSHE Content

The content taught within this unit forms part of the statutory PSHE and Relationships, Sex and Health Education (RSHE) framework. All lessons are planned in line with current statutory requirements and are already aligned with the updated guidance due to come into effect from September 2026.

Lessons are carefully sequenced to ensure learning is age-appropriate, inclusive and sensitively delivered, supporting safeguarding and promoting positive wellbeing habits at an early stage of secondary education.

Why This Matters in Year 7

Year 7 is a key transition year. Students are adjusting to new routines, expectations and relationships, while also beginning to experience early physical and emotional changes linked to adolescence. This unit helps normalise these experiences, reduce anxiety, and ensure students know where to access support if they have questions or worries.

This Half-Term's Topics

During Spring 2, Year 7 students will study the following topics:

1. **Drugs**
Introducing what drugs are, why some substances are illegal, and how drugs can affect the body, decision-making and wellbeing.
2. **Boys' Puberty**
Learning about the physical and emotional changes boys experience during puberty, why these changes happen, and how to manage them confidently and respectfully.

3. Periods (Menstruation)

Understanding what periods are, why they happen, how they can affect emotions and daily life, and how they can be managed in a healthy and practical way.

4. Gratefulness and Mental Wellbeing

Exploring how gratitude, perspective and mindfulness can support positive mental health and help young people cope with everyday challenges.

All lessons are delivered in a supportive, respectful environment, with opportunities for discussion, questions and reassurance.

Intended Impact

By the end of the Spring 2 unit, Year 7 students will:

- Develop a clearer understanding of changes linked to growing up
- Build confidence in managing physical and emotional wellbeing
- Understand the risks associated with drugs and unhealthy behaviours
- Recognise the importance of gratitude and positive coping strategies
- Know who to speak to and where to go if they need help or support

As always, students are reminded of the wide range of school-based support available to them, including tutors, Heads of Year, the Wellbeing Team and safeguarding staff.

Thank you for your continued support in helping students feel safe, confident and well-supported as they begin their secondary school journey.

Warm regards,



Adam Thomas
Deputy Headteacher – Designated Safeguarding Lead