

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 make safe, informed decisions as they prepare for life beyond school.

Each half term, students explore a different theme. Following February half term, the Year 11 Spring 2 focus is Health and Wellbeing. This unit is particularly important as students face increased independence, exam pressure and wider responsibilities, while also preparing for post-16 education, training or employment.

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 topics are planned in line with current statutory requirements and are already aligned with the updated guidance due to come into effect from September 2026.

Learning is carefully sequenced, age-appropriate and sensitively delivered, with a strong focus on safeguarding, personal safety, wellbeing and informed decision-making.

Why This Matters in Year 11

As students approach adulthood, they encounter greater exposure to risk, responsibility and real-world decision-making. This unit is designed to help students understand how to protect their physical and mental health, recognise harmful practices, and know how and when to seek help for themselves or others.

All topics are taught in a supportive and respectful environment, with clear signposting to trusted adults and external support where needed.

This Half-Term's Topics

During Spring 2, Year 11 students will explore the following topics:

- **Neurodiversity**
Developing understanding of neurodiversity, challenging stigma, and recognising the strengths and support needs associated with different ways of thinking and learning.

- **Personal Safety on the Streets**
Exploring strategies to reduce risk, make safer choices in public spaces, and understand how alcohol, distraction and peer pressure can increase vulnerability.
- **Sugar and Processed Foods**
Understanding how diet affects physical and mental health, the links between sugar, processed foods and long-term health conditions, and how to make informed lifestyle choices.
- **Suicide Prevention**
Learning to recognise warning signs, understand contributing factors, and know how to seek help or support someone else safely and appropriately.
- **Virginity Testing and Hymenoplasty**
Exploring why these practices are illegal in the UK, how they constitute abuse, and how they link to human rights, equality and safeguarding concerns.

These topics are handled with care and sensitivity, using high-quality resources and clear safeguarding procedures to ensure students feel supported throughout.

Intended Impact

By the end of the Spring 2 unit, Year 11 students will:

- Have a clearer understanding of personal safety and wellbeing risks
- Be better equipped to recognise and challenge harmful practices
- Understand how lifestyle choices affect long-term health
- Know how to seek help for themselves or others when concerned
- Feel more confident navigating independence and post-16 transitions safely

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 as we work together to ensure students leave Thornden safe, informed and well prepared for the next stage of their lives.

Warm regards,



Adam Thomas
Deputy Headteacher – Designated Safeguarding Lead