



Personal Development - Spring 2 - Health and Wellbeing

Headteacher - Caroline Lowing

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 choices and to seek support when needed.

Each half term, students explore a different theme. Following February half term, the Spring 2 focus is Health and Wellbeing. This unit helps students understand how their physical, emotional and social wellbeing can be affected by the choices they make, the situations they face, and the support available to them.

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.

This ensures that students receive accurate, age-appropriate and carefully sequenced learning, which supports safeguarding, promotes healthy decision-making and prepares them for the challenges they may face both now and in later life.

Why This Matters

As students progress through secondary school, they experience increasing independence, academic pressure and exposure to wider influences. This unit is designed to equip students with practical strategies, reliable information and a strong sense of responsibility, while reinforcing the importance of asking for help and looking out for others.

All lessons are carefully planned to be age-appropriate, inclusive and sensitively delivered, using high-quality resources and discussion-based learning.

This Half-Term's Topics

During Spring 2, your child will study the following five lessons:

1. Unplanned Pregnancy
Exploring the options available to young people, the support that exists, and the emotional, practical and financial considerations involved.

2. Nitrous Oxide (Laughing Gas)
Understanding what nitrous oxide is, the legal and health risks associated with its use, and how peer pressure can influence decision-making.
3. Stress and Exam Performance
Learning how stress affects the body and mind, and developing strategies to manage pressure and anxiety in a healthy and productive way.
4. Mental Health, Community and Support Networks
Examining the importance of belonging, real-life support networks and community involvement in protecting mental wellbeing.
5. Sexual Ethics
Exploring what healthy, respectful and ethical relationships look like, including the impact of online content and the importance of consent and personal responsibility.

Intended Impact

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

- Understand key risks and responsibilities linked to health and wellbeing
- Develop strategies to manage stress and emotional pressure
- Recognise the importance of community, belonging and support networks
- Make informed, responsible choices that protect themselves and others
- Know how and where to seek help if they are worried about themselves or someone else

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 us ensure that all students feel safe, informed and confident as they grow and develop.

Warm regards,



Adam Thomas
Deputy Headteacher – Designated Safeguarding Lead