



Headteacher - Caroline Lowing

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 and to seek support when needed.

Each half term, students explore a different theme. Following February half term, the Year 9 Spring 2 focus is Health and Wellbeing. This unit supports students as they develop greater independence, awareness of risk, and responsibility for their own health and safety, both now and in the future.

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 to ensure it is age-appropriate, inclusive and sensitively delivered, with a strong focus on safeguarding, personal safety and informed decision-making.

Why This Matters in Year 9

Year 9 is a pivotal stage, where young people are increasingly exposed to wider social influences, online content and real-world risks. This unit is designed to help students recognise danger, understand the law, develop life-saving skills and know how to access help for themselves or others.

All topics are taught in a safe and supportive environment, with clear signposting to trusted adults and support services.

This Half-Term's Topics

During Spring 2, Year 9 students will explore the following topics:

- **Prescription Drugs and Antibiotics**
Understanding how medicines should be used safely, the risks of misuse or sharing prescription drugs, and the importance of responsible antibiotic use.
- **Emergency First Aid**
Learning how to respond in an emergency, including how to get help, perform basic first aid and understand life-saving actions such as CPR.

- Female Genital Mutilation (FGM)
Exploring what FGM is, why it is a serious safeguarding and criminal issue, and how to access help or report concerns safely.
- Gambling and Chance-Based Games
Understanding the risks associated with gambling, including online and in-game spending, how addiction can develop, and where support is available.

These topics are approached with care and sensitivity, using age-appropriate resources and discussion to ensure students feel informed, supported and able to ask questions.

Intended Impact

By the end of the Spring 2 unit, Year 9 students will:

- Understand key risks linked to health, safety and the law
- Develop confidence in responding to emergencies
- Recognise harmful practices and know how to seek help
- Make informed decisions around substances and online behaviours
- Know where to access support within school and beyond

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 working with us to keep all students safe, informed and well supported.

Warm regards,



Adam Thomas
Deputy Headteacher – Designated Safeguarding Lead