



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 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 8 Spring 2 focus is Health and Wellbeing. This unit supports students at an important stage of adolescence, where they are developing a stronger sense of identity, independence and awareness of risk, while also learning how to manage emotions and seek support appropriately.

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, supporting safeguarding and helping students build resilience, empathy and informed decision-making skills.

Why This Matters in Year 8

Year 8 is a key developmental stage. Students are increasingly influenced by peers, online content and wider social pressures, while also experiencing changes in mood, confidence and self-image. This unit is designed to help students recognise risk, understand themselves better, and develop strategies that promote positive mental health and personal safety.

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 8 students will explore the following topics:

- **Self-Harm**
Understanding what self-harm is, why some young people may struggle with it, how to recognise signs of concern, and how to seek help for themselves or others.

- Knife Crime
Exploring the risks and consequences of knife crime, the links to peer pressure and exploitation, and how young people can stay safe and access support.
- Exploring My Personal Identity: Being the Best Possible Me
Encouraging students to reflect on who they are, what influences their identity, and how self-awareness, respect for others and positive choices support wellbeing and future success.

These topics are approached with care and sensitivity, using discussion, reflection and age-appropriate resources to ensure students feel supported throughout.

Intended Impact

By the end of the Spring 2 unit, Year 8 students will:

- Have a clearer understanding of risks linked to safety and wellbeing
- Be better equipped to recognise when they or others may need help
- Develop greater self-awareness and confidence in their personal identity
- Understand the importance of making positive, responsible choices
- Know how and 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 helping us work together to keep all students safe, supported and thriving.

Warm regards,



Adam Thomas
Deputy Headteacher – Designated Safeguarding Lead