



Biddenham

International School & Sports College

Principal: Mr David Bailey

Head of School: Ms Eleanor Grylls

28th June 2024

Dear Parents/Carers

Re: Year 7 Puberty PSHE morning 9th July 2024

We would like to inform you that your child will be taking part in a PSHE morning around the subject of puberty. The morning will start with a short assembly during PSHE followed by two workshops that your child will choose from during the third lesson. The workshops will be run by staff in school who have had specific training/skills or by outside speakers from the school nursing service and mental health support teams.

The topics that will be covered through the workshops are:

- Health and hygiene
- Mental health and wellbeing
- Food that can enhance our mood
- Importance of being active
- Body changes and how to cope with them
- Testicular torsion ([further information here](#))
- Self care activities.
- Body image and self-esteem.
- Period products
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If you have any questions with regards to these sessions or anything to do with your child's health and wellbeing please contact me via email.

Yours sincerely

Abigail Speight
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