

27th April 2026

Dear Parents and Carers,

As part of our commitment to preparing our students for life beyond the school gates, we are holding a series of assemblies, PSHE lessons and drop-in sessions for Years 10-13 focused on sexual health and wellbeing.

We will be joined by representatives from **Brook**, a national charity with over 50 years of experience in supporting young people. These sessions are designed to provide students with the practical knowledge they need to stay safe and make informed, healthy choices as they move into adulthood.

Session Timetable:

- **Wednesday 29th April:** Year 10 PSHE lesson
- **Friday 8th May:** Year 10 PSHE lesson

What will be covered? The sessions will focus on the **C-Card scheme**, which is a confidential service providing young people with sexual health advice and free contraception. The Brook team will discuss:

- How to access local health services and confidential support.
- The importance of healthy relationships and consent.
- Advice on preventing unplanned pregnancies and infections.

Why is this important? In line with national education guidelines, we have a duty to ensure our older students are equipped with clear, factual information about their health. Providing this information in school ensures that students have access to professional advice in a safe and supportive environment.

These sessions will be delivered in an age-appropriate and sensitive manner.

If you would like to learn more about the charity or the scheme, please visit www.brook.org.uk.

Mr Paul Miles
Assistant Headteacher
Personal Development

