



# NEWSTEAD WOOD SCHOOL

*"creating opportunities for success"*



15 January 2025

Dear Parent/Carer,

## **Year 8 and 9 Healthy Lifestyle PSHE Workshop – Monday 3 February 2025**

As a part of your child's education at Newstead Wood School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that your child's class will be taking part in workshop which will focus on the Vaping and Intoxicants aspect of this programme, as well as the healthy lifestyle aspect of the curriculum.

The Healthy Lifestyle workshop will focus on making safe choices in social circumstances, drugs and alcohol, and managing peer pressure. Pupils will also have opportunities to ask questions that help prepare them for adult life. The providers for this workshop are the London Metropolitan Police, London Ambulance Service and Bromley Changes. This workshop will take place on Monday 3 February, and consists of 3 20-minute workshops.

In line with statutory guidance, you are not entitled to withdraw your children from Health Education. Please do get in touch with me to discuss any questions [mbournat@newsteadwood.co.uk](mailto:mbournat@newsteadwood.co.uk)

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Recently we have been looking at Citizenship Education, covering topics including elections, parliament, and activism. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values, overseen by form tutors.

Yours sincerely,

**Mr M Bournat**  
**Assistant Headteacher**

**Headteacher:** Mr Alan Blount, MA, BSc, QTS

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