

February 2019

Dear Parents / Carers,

All Year 10 pupils will be taking part in a PSHEE and HPQ drop down day on Wednesday 6 March. Their timetable will be collapsed for the day and they will be taking part in a number of activities throughout the day.

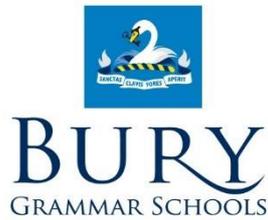
During periods 1 & 2 pupils who are doing the Higher Project Qualification (HPQ) will have sessions working on their HPQ and meeting with their supervisor and pupils doing PSHEE will have lessons on managing risk, making safe choices and drug education. During periods 3 & 4 the boys will have sessions with myself and Mr Newbury on testicular cancer and the girls will have sessions led by Mrs Marie McKittrick on breast and cervical cancer. The aim of the sessions is to raise awareness, to enable the pupils to spot early signs of cancer, to learn about self-examination and to learn about support and treatment available.

In the afternoon the pupils will receive a presentation from the Teenage Cancer Trust. Teenage Cancer Trust provides specialist care and support to young people with cancer across the UK. Teenage Cancer Trust's national 'Understanding Cancer Together' presentation is recognised by the government as it raises awareness of cancer which can lead to earlier diagnosis of cancer. The presentation is an interactive opportunity for students to learn about and discuss:

- \* what cancer is
- \* common signs and symptoms of cancer in young people
- \* the impact of cancer on a young person
- \* types of treatment
- \* healthy living and how this can help reduce the risk of cancer in later life
- \* breaking down fears about cancer

By the end of the presentation, all students should know more about early warning signs and how they can reduce their risk of cancer later in life. Throughout the presentation, students will be encouraged to become the experts of their own body and to speak to health professionals as soon as possible about any concerns. The presentation will be given by a trained professional speaker from Teenage Cancer Trust and is delivered in a sensitive way. If you have any concerns, please do speak to me or your child's Head of Year and we will ensure that your child is supported.

Improved awareness can support early diagnosis and break down fears about cancer. For more details, please look for the Transforming Cancer Knowledge report on the Teenage Cancer Trust website. Please do support this by talking to your child about what they have learned and encouraging them to be open about any health concerns they may have. The key information shared in the presentation can also be found under Information for Parents on the Teenage Cancer Trust website.



If you wish to discuss any aspect of the day in more detail, please do not hesitate to contact me. In line with School policy, parents can choose to withdraw their children from all or part of sex and relationships education that does not form part of the statutory National Curriculum delivered in Science. If you wish to withdraw your child from parts of the day that involve sex and relationships education (periods 1 & 2), I would request that you inform me in writing no later than Monday 4 March. Pupils withdrawn from any part of the day will be given alternative PSHEE study to do during the sessions.

Yours sincerely,

SHoward

Mrs S Howard  
Head of PSHEE

Headmistress: **Mrs J Anderson BA PGCE Med**  
Headmaster: **Mr D Cassidy BSc**

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