



23rd April 2026

JCT/tmi

Dear Parent/Carers,

Re: Health and Relationship Sessions

Throughout this half term year 9 students will be visited by Safe Steps during their PSHE sessions. These sessions are designed to provide a safe, supportive, and age-appropriate environment where your child can explore topics such as emotional wellbeing, healthy relationships, communication, and personal safety. The aim is to help children build confidence, develop positive coping strategies, and understand how to form and maintain respectful relationships.

Sessions are delivered by trained practitioners who are experienced in working with children and families. We ensure that all discussions are handled sensitively and in a non-judgmental manner, with your child's wellbeing at the centre of our approach.

Further information on the charity can be found here:

[Safe Steps - For a brighter future free from abuse](#)

Participation in these sessions can support your child in:

- Understanding their emotions and how to express them in a healthy way
- Building self-esteem and resilience
- Learning about boundaries and respectful relationships
- Developing communication and problem-solving skills

If you have any questions or concerns, please feel free to contact me.

Thank you for your support.

Kind regards

Juliet Thomas

PSHE Coordinator