

The Gilbert School



RSA/CWG/sma
January 2025

Part of the Alpha Trust

Dear Parents/Carers

Re: Year 10 Personal Development Drop Down Day – Tuesday 14th January 2025

As part of the school's Personal, Social and Health Education programme, we will be delivering a Relationships, Sex and Health Education (RSHE) and Careers Day for Year 10 on the Tuesday 14th January 2025.

The purpose of the upcoming day is to provide knowledge and understanding of safe and healthy relationships based on love and respect. This is to encourage the eventual development of safe and healthy relationships in later life. The day will develop understanding and attitudes which will help students to form relationships in a responsible and healthy manner. RSHE enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective RSHE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time. For information, the school's Sex and Relationship Education Policy can be found [here](#).

In addition to the above, we believe that pupils should understand the full range of learning opportunities that are available to them. As the number of apprenticeships rises every year, it becomes increasingly important that all young people have a full understanding of all the options available to them post-16 and post-18 including wider technical education options such as T-Levels and Higher Technical Qualifications.

As part of your child's CEIAG Journey, students have the opportunity to engage in two meaningful encounters and hear from Anglia Ruskin University and The Royal Navy, to give our Year 10 students an insight into a future beyond The Gilbert School.

The topics to be taught on this RSHE and Careers Drop-Down Day are:

- Consent and healthy relationships.
- Emotional wellbeing and good mental health.
- Risky behaviours.
- Self-confidence.
- Anglia Ruskin University – Understand the routes to Higher Education and the available courses.
- The Royal Navy – Be made aware of the opportunities in The Royal Navy.

We hope your child finds the day both useful and informative. Should you have any questions or concerns please do not hesitate to get in contact via cwg@gilberd.com.

Yours faithfully

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Subject Leader for Personal Development

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Assistant Headteacher (CEIAG)

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Alpha Trust

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