

Tuesday 26th November

Dear Parents and Carers,

I am writing to inform you that your student will soon be taking part in a PSHE (Personal, Social and Health Education) Drop Down Day. This involves students being taught a number of different topics within the PSHE curriculum during the course of one day. The topics during both days centre around mental health conditions, dealing with anxiety, drug education (consequences of drug misuse), relationship education, careers and finance.

Thursday 28th November: Year 9

Lesson	Topic
1	Low mood & Depression
2	Bullying
3	Healthy relationships
4	Drug education
5	Anxiety

Tuesday 3rd December: Years 10/11

Lesson	Year 10	Year 11
1	Low mood & Depression	Finance
2	Anxiety	Exam Stress
3	Exam stress	Careers
4	Careers	Low mood & Depression
5	Finance	CV Writing

These lessons are paramount for the welfare, safety and personal development of students. They will help students gain the skills to keep themselves safe, both at school and in the community.

If you would like to discuss this day with a member of staff please contact either Miss Hickey, Assistant Principal or Mr Fudge, PSHE Lead.

Yours faithfully,

Mr Fudge

PSHE Lead
Teacher of PE
The City Academy Bristol

Every Student a Graduate – Every Student a Leader

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