



Horsforth School

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Our Ref: PCB/SAN



Safeguarding and Wellbeing Week: 13th June – 17th June

Dear Parents,

This week is safeguarding and wellbeing week for all students in years 7-10. During this week, students will have 4 bespoke drop -down sessions in the school hall.

Various staff will deliver sessions on:

- Physical health and nutrition
- Mental health and Wellbeing
- Mindfulness
- Online Safety, including the dangers and risks of 'sexting' and grooming on line
- Safeguarding Issues such as Child Sexual Exploitation, Criminal Exploitation, County Lines, Harmful Sexual Behaviour and Peer on Peer Abuse
- PSHCE: Drugs education, Sex and Relationships education

We have two mental health charities coming to talk to students on Friday and they will have stalls based in our diners for students to have a chat and collate information.

This week forms part of our wider PSHCE programme and strategy to increase more awareness and support of mental health and wellbeing within our school community.

Students will learn about the wider risks and dangers associated with the online world but also right here, in Leeds and in our community. They will learn about road safety, personal safety and keeping others safe.

We hope that student feedback is positive about this week and they all take something valuable from these sessions that might help them now or later in life.

Kind regards

Sarah Nowell, Deputy Headteacher

'Opportunity and achievement for all'