Monday October 5th, 2026

Dear Parents and Carers,

As part of our wider St Philip Howard Education (SPHE) programme, we are committed to nurturing every student's personal development and broadening their learning beyond the classroom. A key part of this work is our SPH Experience Days, designed to build vital life skills and prepare young people for healthy, respectful and responsible engagement with the world around them.
We are delighted to confirm that the first of this academic year's two SPH Experience Days will take place on Wednesday 14th October for all Year 10 students.

This dedicated day will focus on healthy relationships, personal safety and understanding consent—topics that are central to safeguarding, wellbeing and preparing students for life beyond school. Students will explore important, age-appropriate themes including:

- Recognising and understanding unhealthy relationships, including how to identify harmful patterns and where to seek support
- Sexual harassment and stalking – definitions, the impact on individuals, legal responsibilities, and how to recognise and report such behaviour
- Intimate image abuse and sharing images without consent – the serious personal, social and legal consequences of these actions, and how to protect oneself and others

The sessions have been carefully planned to be educational, sensitive and respectful. They will empower students to make informed, responsible choices, understand their rights and the rights of others, and know how and where to turn for help if they have concerns.
We believe this is an essential and timely part of our SPHE provision, equipping students with the knowledge and confidence to build positive, respectful relationships throughout their lives.

<u>Practical Arrangements</u>

- Students should attend school as normal, wearing full school uniform and bringing their usual equipment.

If you have any questions about the content of these sessions, or would like further information, please do not hesitate to contact us.

Thank you for your continued support in helping to keep our students safe, informed and confident.

Yours sincerely,

Mrs Ganderton-Burns

Deputy Headteacher