



# SIR THOMAS FREMANTLE SCHOOL

A CO-EDUCATIONAL SCHOOL FOR STUDENTS AGED 11-19

BUCKINGHAM ROAD  
WINSLOW  
MK18 3GH  
(01296) 711853

WEB: [WWW.SIRTHOMASFREMANTLE.ORG](http://WWW.SIRTHOMASFREMANTLE.ORG)

8<sup>th</sup> January 2021

Dear Parents/carers,

## Re: PSHE lessons during lockdown 3

PSHE education is about giving pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain. Your child would normally have a single lesson of PSHE each week. This half term we would like to focus on the being healthy aspect by encouraging all the children to spend some time away from their electronic devices and would encourage them all to do something different. We would suggest taking some exercise for example going for a run or walk. It could also be used as an opportunity to learn or perfect some of life's more mundane life skills such as using the washing machine or dishwasher. It could also be used to plan and prepare food or even read a book.

We are planning to also deliver some more specific PSHE content by collapsing the timetable for part of a day towards the end of this half term.

## Parents of year 7 students

In science lessons the students will be covering the reproduction unit of work. This unit of science is supported by a unit within PSHE. We will be sharing some PSHE work with year 7 students through the normal Teams channel and I would encourage all parents/carers to have a read of this presentation on Teams themselves so they can discuss it with their child. This has become even more important as a number of our feeder schools have informed us that the students missed this part of the curriculum in primary school due to lockdown 1.

If you would like a copy of the year 7 PowerPoint Presentation (8MB) please let me know or should you have any other queries about PSHE please get in touch.

Yours faithfully,

Nick O'Connell  
Assistant Headteacher

