



Dear Parent/Carer,

As part of our extensive Personal Development and PSHE curriculum we seek to enhance our young people's experiences by organising a range of additional learning opportunities. These specialist workshops and assemblies are delivered throughout the course of the year to complement the existing programme.

We are delighted to be working with the Breck Foundation during December to give as many of our learners the opportunity to take part in a workshop to support the understanding of online safety and exploitation. The organisation was founded in 2014 in response to the tragic loss of Breck Bednar, a 14-year-old boy who was groomed and murdered by someone he met online.

Using Breck's story, they deliver safety presentations to educate students on the dangers that children and young people face online from grooming, exploitation and abuse, as well as from exposure to inappropriate or harmful content. Their main teaching for all ages shows how to spot the signs of grooming and how to report concerns.

Personal, Social, Health and Economic Education (PSHE) and Personal Development Education form part of our whole school offer around health, wellbeing and Character & Culture development. The full programme can be found on the school website:

<https://seafordhead.org/our-education/pshe-wellbeing/>

During Term 1 learners engaged positively in lessons around mental health and wellbeing. We are pleased to share that learners overall indicated a 4.8 out of 5 confidence and understanding rating for the issues explored. More than 98% were correctly able to identify key issues around mental wellbeing and where to seek support.

All of the work delivered in PSHE lessons will be enhanced by the ongoing social and emotional education that is embedded across our curriculum and through our pastoral support system. The school regularly engages with external agencies and partners to ensure the welfare and wellbeing needs of our students is met to the best of our ability. In addition to the educational delivery around health we have an extensive support provision within the school to support students physical and emotional wellbeing, further details of which can be found here:

<https://seafordhead.org/parents/supporting-your-child/>. We have a tiered approach to support young people making sure we can give the right support at the right time. For targeted and enhanced support, students are usually referred in by year group teams, but students as well as parents and carers can also email [health@seafordhead.org](mailto:health@seafordhead.org) to get support for their child. If you are concerned about the wellbeing of your child around the issues mentioned in this letter or any other health and wellbeing aspects, please don't hesitate to get in contact with the school initially via the year group teams.

As part of the ongoing reflection and planning process of PSHE we regularly consult students to ensure the programme meets their needs. We also would like to gain regular parent and carer views on PSHE and as such have an ongoing survey open for you to access at any point: [Survey Link](#)

## Seaford Learning Trust

Mr R Ellis, Headteacher

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If you have any questions about PSHE, health or student wellbeing at Seaford Head School please visit our website for more information, contact your child's Head of Year or myself.

Yours faithfully

A handwritten signature in black ink, appearing to be 'S. Whittaker', written in a cursive style.

Mr Sam Whittaker  
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