



*together we aspire,  
we discover,  
we excel*

# Lordswood Girls' School

Lordswood Girls' School  
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18<sup>th</sup> March 2022

Dear Parent/Carer

## **Year 7 PSHE Day**

Year 7 will participate in a PSHE day on Thursday 24th March 2022.

The students will take part in five sessions; this will include a session on emotional literacy and self awareness, risks and consequences, yoga and mindfulness, LGBT+ and protected characteristics and a careers session looking into key interests and personality profiles.

Students will need to check their Unifrog log in prior to the day to ensure they remember their password.

Students should come to school in their Lordswood PE kit for the day.

Attendance on all PSHE days is compulsory; non attendance may lead to the student having to catch up on any missed work on an INSET day.

Should you have any further queries or if you would like to see any of the resources prior to the day, please do not hesitate to contact me.

Yours sincerely

**Jennifer Hughes**  
**Coordinator of PSHE**  
**Coordinator of Assessment and Intervention in Mathematics**

