



# NEWSTEAD WOOD SCHOOL

*"creating opportunities for success"*

THE SUNDAY TIMES

SCHOOLS GUIDE  
2025

STATE SECONDARY  
SCHOOL OF THE YEAR  
LONDON

3 December 2025

Dear Parent/Carer,

## Year 10 and 12 Healthy Lifestyle Workshop

As a part of your child's education at Newstead Wood School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education program. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that your child's class will be taking part in a workshop focusing on the healthy lifestyle aspect of the curriculum.

**The Healthy Lifestyle workshop will focus on making safe choices in social circumstances, drugs and alcohol, and managing peer pressure.** Students will also have opportunities to ask questions that help prepare them for adult life. The provider for this workshop is HowzThat1 ([www.howzthat1.com](http://www.howzthat1.com)). This workshop will take place on Friday 5 December for Year 10 students during an elective slot and on Friday 12 December for Year 12 students during their lecture slot.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and the governing body. Recently we have been looking at Financial Education, covering topics including gambling safety, saving, and the job application process. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values, overseen by form tutors.

Yours sincerely,

**Ms A Norris**  
**Director of Safeguarding and Wellbeing**

**Headteacher:** Mr Alan Blount, MA, BSc, QTS

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