



NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

THE SUNDAY TIMES

SCHOOLS GUIDE
2025

STATE SECONDARY
SCHOOL OF THE YEAR
LONDON

5 December 2025

Dear Parent/Carer,

Year 10 Healthy Lifestyle Workshop – Friday 12 December 2025

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 understanding boundaries, respect, the basics of consent, and staying safe in both physical and online interactions. The provider for this workshop is Talk Consent. This workshop will take place on Friday 12 December in students' Period 4 elective 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. Evidence shows that high quality relationships and sex education does not encourage children to start sexual activity or become confused about their sexuality. It is more likely to keep young people safe from harm as well as increase the age at which they become sexually active. Talk Consent works with students from diverse backgrounds and respects all perspectives, including those rooted in different cultural, religious, and personal beliefs. They do not promote any particular behaviours or have an agenda.

Yours sincerely,

Ms A Norris

Director of Safeguarding and Wellbeing

Headteacher: Mr Alan Blount, MA, BSc, QTS

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