



May 2020

Dear Parents and carers,

I hope you are safe and well.

PSHE (Personal, Social and Health Education) is an integral part of Dame Elizabeth Cadbury School and enables our students to confidently tackle many issues that are part of growing up.

One of the most relevant elements of PSHE currently is promoting health and wellbeing, both mentally and physically; during these unprecedented times, it is imperative that we continue to look after ourselves and each other.

A number of PSHE resources (differentiated per year group) have been created to support the physical and mental health of our students over the half term period. They include references to community, friendships, mental health and physical health.

Whilst May half term is usually an opportunity for students to rest, during this unusual time our students may require additional projects to keep them occupied. With this in mind, please find the link for our PSHE half term challenges that are available on our website - <https://bit.ly/2z9DlaV>. It is not compulsory for our students to complete these activities however, should they wish to do so, they can submit to b.greene@decschool.co.uk and will be rewarded with DEC points and recognition.

Many thanks for your continued support during these difficult times; stay safe and well.

Kind regards,

Miss B. Greene

Heads of House

Mr G. James

