# Personal Development Newsletter 3 - February 2026

As part of your child's education, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. 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.

Looking back on Module 3

Assemblies

We have had a wide range of assemblies focussed on Online Safety Day, Holocaust Memorial Day and LGBTQ+ History Month. We have also heard from a range of students during assembly, including a presentation from Student Government.
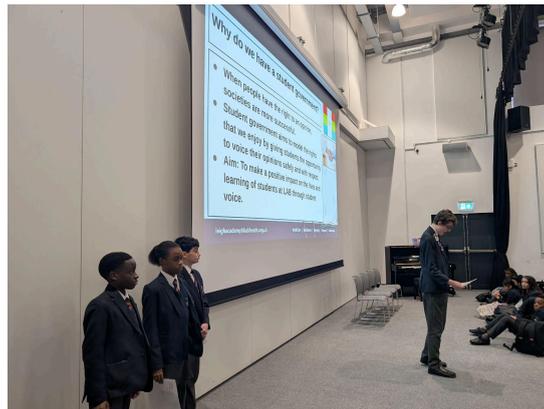
This module has seen the introduction of a musical performance at the start of assembly. We have heard from a range of very talented LAB musicians and we look forward to hearing many more this year!

Year 8 were visited by [First Give](#)

Amanda from the First Give Project visited LAB to lead a Launch Assembly, delivering a focused 15-minute session to the entire year group to introduce the project. The project empowers Year 8 students to investigate social issues affecting their communities, learn about real charities making a difference and take meaningful action. A lot of our Year 8 students are already thinking of some brilliant ideas!
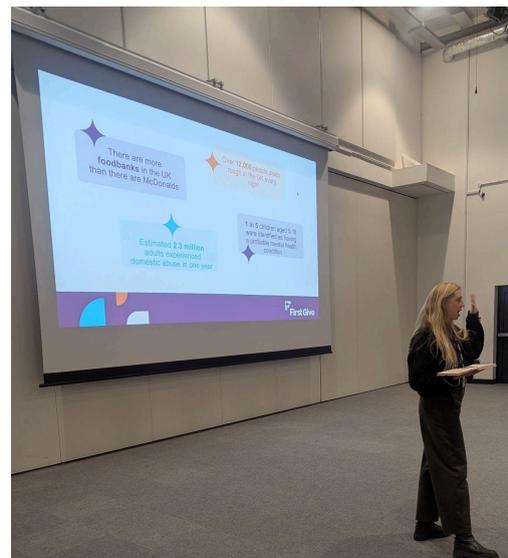
Year 10 and Year 12 were visited by Amazon

As part of National Apprenticeship Week, we were delighted to welcome Kieran Drew, an Amazon Apprenticeship Ambassador to Leigh Academy Blackheath.

Kieran delivered engaging and informative talks to our students, highlighting the different levels of apprenticeships available, sharing his own personal journey and experiences. He also discussed the different stages of apprenticeship interviews, providing students with valuable insight into what to expect.

Throughout the sessions, students gained practical advice and top tips on securing apprenticeships, helping them to better understand the opportunities available to them after school and the pathways they can take towards their future careers.

Online Safety

Safer Internet Day was on Tuesday, 10 February 2026, focusing on "Smart tech, safe choices – Exploring the safe and responsible use of AI". At LAB, we delivered assemblies on how to spot fake images online and about thinking about the reliability of online content before sharing it.

The more we have conversations around online activity, the more children will be making safer choices online. Use the ideas below to open up a conversation with your child about their online activity.

1) Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
   What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?
2) Ask them about how they stay safe online.
   What tips do they have for you, and where did they learn them? What is OK and not OK to share?
3) Ask them if they know where to go for help.
   Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?
4) Think about how you each use the internet.
   What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Spotlight on Parent Safe

<mark>The Parent Safe [website](#) is a brilliant resource for parents and has a wide range of supportive videos on topics such as safe settings and controls, understanding the impact of AI and many other top tips and conversation starters. See an example of a digital agreement below:</mark>

Further support

- **Internet Watch Foundation** (report sexual pictures/videos of someone under 18) - report.iwf.org.uk

- **ThinkUKnow** (advice related to being online) - thinkuknow.co.uk/11_18

- **UK Safer Internet Centre** (online safety advice) - saferinternet.org.uk

- **Childnet** (online safety advice) - childnet.com/help-and-advice/11-18-year-olds

- **Safer Internet Day** (online safety campaign) - saferinternetday.org

- **5Rights Foundation** (international digital world charity) - 5rightsfoundation.com

Looking ahead to Module 4

Topics covered in the PD programme over the next module are outlined below. Students will learn age relevant skills during tutor time and throughout assemblies and in-school events. Hopefully, there will be some interesting discussions at home in regard to the content below so we have provided useful links and parental tools that complement these topics. We hope these resources will prove informative for parents and carers and can support conversations at home.

	Module 4	Useful links for parents & carers
Year 7	- Diversity about identity, rights and responsibilities about living in a diverse society - The signs, effects and how to respond to all types of bullying	NSPCC: How to help if your child is being bullied
Year 8	- Understanding Influence & Identity - Recognising Discrimination - Challenging Prejudice & Promoting Respect	Child Line - discrimination support
Year 9	- Consent, Readiness & Healthy Choices - Sexual Health & Risk Awareness - Media Influence & Online Safety	Brook
Year 10	Independence & Responsibility - Staying Safe & Responding to Emergencies - Accessing Health & Sexual Health Services - Pregnancy Choices & Ethical Awareness	Health for Teens
Year 11	Exam readiness & personal growth - Routines and staying focused and consistent - Self-belief & exam mindset - Managing pressure & fear of failure	Young Minds - parents helpline
Year 12	- Growth, Exploring future opportunities - Post-18 options - The impact of financial decisions	The Parent's Guide
Year 13	- Managing money - Budgeting, saving and debt - Influences on financial choices	Money Helper

Assembly themes for Module 4

Module 3 Assembly Rota
International Mother Languages Day
World Book Day
International Women's Day
Neurodiversity celebration week
Talk Consent

Feedback

As a parent and carer, we welcome your feedback on our PSHE provision. If you have a question or a suggestion in regard to our PSHE provision or if you think you are in a career that would be beneficial for our LAB students to hear about, then please email info@blackheath.latrust.org.uk