

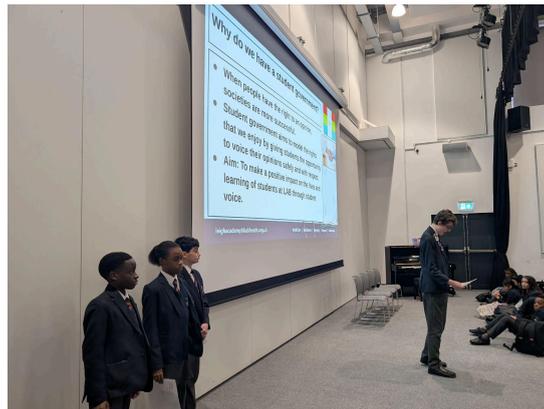
## **Personal Development Newsletter 3 - February 2026**

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**

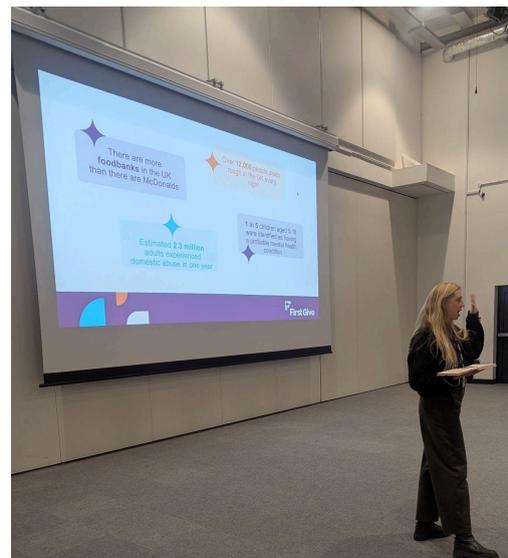
We have had a wide range of assemblies focused on Online Safety Day, Holocaust Memorial Day and LGBTQ+ History Month. We have also heard from a range of students during assembly, including a presentation from Student Government.



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

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:

# Digital Family Agreement



LGfL  
SafeguardED

<i>I will:</i>	<i>Why?</i>	<i>Parent/carer will:</i>	<i>Why?</i>
<ul style="list-style-type: none"><li>• Check with dad before I chat with anyone for the first time, even if they are a 'chatbot'</li><li>• Check with mum before getting a new app or game, or buying an add-on so she can check it is safe</li><li>• Not post or share any personal information, e.g. mobile, address to stay private and safe</li><li>• Check with mum and dad before going 'live' and explain what I can do to avoid any risks</li><li>• Put my phone down when we're eating together or family want to talk, as it's respectful</li><li>• Turn off notifications when I'm doing homework or at bedtime so I can concentrate and sleep</li><li>• Come off my devices an hour before bedtime to help me unwind and sleep</li></ul>		<ul style="list-style-type: none"><li>- Put our devices down when you want to talk to me/us so we can model good behaviour</li><li>- Keep our mobiles away for important family time e.g. breakfast and dinner so we can have quality time and talk</li><li>- Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy</li><li>- Ask permission before sharing any photos of you to respect your privacy</li></ul>	

**If there are any issues:**  
We will talk about it calmly and respectfully  
I may have to show you more about what I do on devices, or face consequences

**If I'm worried by anything:**  
I can tell mum and dad, and they won't judge me  
I can talk to.....  
At school  
I can contact Childline or The Mix

Signed: *Sophie Mum Dad*  
Today's date: *22<sup>nd</sup> July*      Date we will review this: *22<sup>nd</sup> October*      Download me again and find more support for parents at [parentsafe.lgfl.net](https://parentsafe.lgfl.net)

## Further support

- **Internet Watch Foundation** (report sexual pictures/videos of someone under 18) - [report.iwf.org.uk](https://report.iwf.org.uk)
- **ThinkUKnow** (advice related to being online) - [thinkuknow.co.uk/11\\_18](https://thinkuknow.co.uk/11_18)
- **UK Safer Internet Centre** (online safety advice) - [saferinternet.org.uk](https://saferinternet.org.uk)
- **Childnet** (online safety advice) - [childnet.com/help-and-advice/11-18-year-olds](https://childnet.com/help-and-advice/11-18-year-olds)
- **Safer Internet Day** (online safety campaign) - [saferinternetday.org](https://saferinternetday.org)
- **5Rights Foundation** (international digital world charity) - [5rightsfoundation.com](https://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	<ul style="list-style-type: none"> <li>● Diversity about identity, rights and responsibilities about living in a diverse society</li> <li>● The signs, effects and how to respond to all types of bullying</li> </ul>	<a href="#">NSPCC: How to help if your child is being bullied</a>
Year 8	<ul style="list-style-type: none"> <li>● Understanding Influence &amp; Identity</li> <li>● Recognising Discrimination</li> <li>● Challenging Prejudice &amp; Promoting Respect</li> </ul>	<a href="#">Child Line - discrimination support</a>
Year 9	<ul style="list-style-type: none"> <li>● Consent, Readiness &amp; Healthy Choices</li> <li>● Sexual Health &amp; Risk Awareness</li> <li>● Media Influence &amp; Online Safety</li> </ul>	<a href="#">Brook</a>
Year 10	Independence & Responsibility <ul style="list-style-type: none"> <li>● Staying Safe &amp; Responding to Emergencies</li> <li>● Accessing Health &amp; Sexual Health Services</li> <li>● Pregnancy Choices &amp; Ethical Awareness</li> </ul>	<a href="#">Health for Teens</a>
Year 11	Exam readiness & personal growth <ul style="list-style-type: none"> <li>● Routines and staying focused and consistent</li> <li>● Self-belief &amp; exam mindset</li> <li>● Managing pressure &amp; fear of failure</li> </ul>	<a href="#">Young Minds - parents helpline</a>
Year 12	<ul style="list-style-type: none"> <li>● Growth, Exploring future opportunities</li> <li>● Post-18 options</li> <li>● The impact of financial decisions</li> </ul>	<a href="#">The Parent's Guide</a>
Year 13	<ul style="list-style-type: none"> <li>● Managing money</li> <li>● Budgeting, saving and debt</li> <li>● Influences on financial choices</li> </ul>	<a href="#">Money Helper</a>

### **Assembly themes for Module 4**

<b>Module 3</b> 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](mailto:info@blackheath.latrust.org.uk)