



January 2026

Dear Parent/Carer,

Our next Personal Development Day takes place on Wednesday 4th February. The focus for this day will be on developing knowledge and understanding of how to keep ourselves safe, both physically and online. Students will be learning to recognise, challenge and understand the impact of abuse on themselves and others, appropriate to their year group. We have designed this day in response to recent updates in government guidance as well as feedback from our parents and students.

Year 7 will learn how to deconstruct norms and how to recognise abusive or threatening behaviour before it can escalate. They will be receiving talks on racism and asylum from an external organisation called Engendering Change, as well as receiving an age-appropriate talk on recognising the dangers of knife-crime, powerfully delivered by Charlie's Promise. More information of each organisation can be found here: [Engendering Change, Charlie's Promise | Working to prevent knife crime.](#)

Year 8 will learn what it means to be an active bystander and create a 'toolkit' of strategies they can use to challenge negative behaviours. Students will be exploring themes including the impact of sexist language and 'banter'. Students will also have presentations about healthy and unhealthy behaviours within relationships delivered by 'Stop Domestic Abuse' as well as engaging talks from St Giles' Trust, with real life experiences being shared of gang crime and county lines. Further information on these organisations and their work with schools can be found here: [St Giles - Turning a past into a future, STOP DOMESTIC ABUSE.](#)

Year 9 will be working with 'Prison Me No Way' to learn about the choices and coercion that can lead to crime; gangs and county lines; domestic abuse as well as getting the opportunity to visit the prison van. They will meet ex-offenders as part of this day and hear their life stories and reflections on the impact of the choices they made. Further information about The No Way Trust can be found on this link [PMNW - Children & Young Peoples Charity - Since 1995.](#)

Year 10 will workshop the legality of image distribution and the signs and effects of relationship abuse. They will listen to talks from St Giles Trust about the realities of gang culture and knife crime and hear how knife crime effects innocent bystanders and their loved ones from Charlie's Promise. Further information about both speakers can be found on the following links <https://www.charliespromise.org/> and <https://www.stgilestrust.org.uk/>.

Our Year 11 students will be experiencing a personalised day to help prepare them for their GCSE exams.

We recognise that while these issues are important to address, some of our students may find this challenging. To ensure all students are fully supported, we will be discussing the themes of this day in advance through tutor times as well as ensuring targeted support for students that we know will benefit from this. Our Inclusion centres will be open as normal where any student can go if they need somebody to talk to and all students will be made aware of how to access this support.

If you have any concerns or questions ahead of this day, please do not hesitate to contact me on fgeehan.trafalgar@salterns.org.

Yours sincerely,

F Geehan
Assistant Headteacher