

27<sup>th</sup> September 2023

Dear Parents and Carers,

**RE: PSHE - In harm's way**

As part of our PSHE programme curriculum we regularly have visitors in to deliver assemblies.

In Harm's way is a play and lecture, performed by 3 professional actors. They start with a 10-minute introduction, outlining the themes and clarifying the facts and any laws surrounding mental health and inviting the students to answer questions and get involved.

The Play runs for 50 minutes and follows the friendship of three Year 9 students over a 2-year period and explores mental health, coping mechanisms & emotional well-being. Through separate struggles with "self-harm" in various forms including cutting, drugs, alcohol & online relationships; they explore the dangers, consequences and help available for some of these problems.

Following the play, the actors facilitate a 30-minute post-show lecture. They pick through the main issues and identify any questions prompted by the story." The play is kindly being sponsored by the Hemraj Goyal Foundation.

Please use the following link to find out more about the performance:

<https://www.upfronttheatrecompany.co.uk/ks3-5-play-programme>

In Harm's way will be performed on Tuesday 10<sup>th</sup> October to our Year 8 students during lesson two and our Year 9 students during lesson 1.

Should you have any questions or concerns about the production please contact Mrs Steward who will be happy to set your mind at rest.

Kindest regards,



Mrs Steward

PSHE Lead

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