



February 2024

Dear Parent/Carer

## Year 10 Extended Learning Day: Exploring Progressive Themes in PSHE

As part of our programme of Personal, Social, Health, and Economic (PSHE) education at Ashlyns School, I am writing with details of the Year 10 activities taking place on Extended Learning Day (ELD) in school next Tuesday, 5 March.

Building on the success of previous sessions, this ELD aims to deepen our Year 10 students' understanding of gender dynamics, relationships, and personal health by exploring progressive themes. Below is an overview of the carefully planned sessions:

Boys only:	<ul style="list-style-type: none"><li>● <b>Progressive Masculinity:</b> Facilitated by Progressive Masculinity, this session aims to challenge regressive power and dominance-based models of masculinity, fostering a more inclusive and healthy perspective.</li><li>● <b>Men's Health:</b> An informative session delivered by Ashlyns staff, focusing on awareness of Testicular and Prostate Cancer.</li></ul>
Girls only:	<ul style="list-style-type: none"><li>● <b>Sexism and Misogyny:</b> Facilitated by Spark Ideas, this workshop focuses on understanding and addressing sexism and misogyny in society.</li><li>● <b>Changemakers:</b> An empowering session by Spark Ideas, encouraging our students to become agents of positive change.</li></ul>
In form groups:	<ul style="list-style-type: none"><li>● <b>Coercive Control - Your Voice, Your Choice :</b> Run by Herts Young Homeless, this workshop is designed to help students identify key elements of a healthy relationship.</li><li>● <b>Healthy Sexual Relationships :</b> Delivered by Services for Young People, this session will build on the previous session in October, focusing on constituting healthy sexual relationships, including a demonstration and the proper use of contraception.</li><li>● <b>Happiness and Positivity :</b> Conducted by Ashlyns staff, exploring concepts of positivity and mood management, differentiating between feeling low and clinical depression.</li></ul>

The purpose of these sessions is to educate and equip our students with the knowledge and skills necessary to navigate complex societal issues, fostering an environment of respect, understanding, and healthy relationships.

We believe these discussions will complement the conversations you may have with your child at home, providing them with a well-rounded perspective as they mature into thoughtful and informed adults.

Should you have any questions or wish to discuss the content of these sessions further, please do not hesitate to complete the following form: [Relationships & Sex Education Queries](#).

Your support and involvement in your child's education are invaluable to us, and we look forward to another impactful Extended Learning Day.

Yours sincerely



Mr C McDonald  
Head of Year 11 and Pastoral Lead

Chesham Road, Berkhamsted, Hertfordshire HP4 3AH  
T: 01442 863605  
E: [admin@ashlyns.herts.sch.uk](mailto:admin@ashlyns.herts.sch.uk) [www.ashlyns.herts.sch.uk](http://www.ashlyns.herts.sch.uk)

Head Teacher: James Shapland BSc, MSc