

The Gilbert School



RSA/CWG/sma
June 2026

Part of the Alpha Trust

Dear Parents/Carers

Re: Year 7 Personal Development Drop Down Day – Thursday 18th June 2026

As part of the school's Personal, Social and Health Education programme, we will be delivering a Relationship and Sex Education (RSE) and Careers Education Information Advice and Guidance (CEIAG) Drop Down Day for Year 7.

The purpose of the upcoming day is to provide knowledge and understanding of safe and healthy relationships based on love and respect. This is to encourage the eventual development of safe and healthy relationships in later life. The day will develop understanding and attitudes which will help students to form relationships in a responsible and healthy manner. RSE enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective RSE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time. For information, the school's Sex and Relationship Education Policy can be found [here](#).

In addition to the above, we provide impartial careers guidance and believe that pupils should understand the full range of learning opportunities that are available to them. As the number of apprenticeships rises every year, it becomes increasingly important that all young people have a full understanding of all the options available to them post-16 and post-18, including wider technical education options such as T-Levels and Higher Technical Qualifications. For more information on our Careers provision, please visit our [website](#).

As part of your child's Careers Journey every academic year, students have the opportunity to engage in two meaningful encounters and hear from two Post-16 Providers to give our Year 7 students an insight into a future beyond The Gilbert School.

The topics to be taught on this RSE and CEIAG Drop-Down Day are:

Session 1: My boundaries and yours (Protecting privacy, consent and boundaries)

Session 2: Body changes during puberty (Growth and development of the human body)

Session 3: Good and bad friendships (Understanding when a friendship feels wrong)

Session 4: Controlling our emotions (Emotional regulation for challenging situations)

Session 5:

Part 1 - Colchester Institute - understand the various post-16 courses and routes to securing these opportunities in the future.

Part 2 - The Royal Navy – to hear from Gilbert Alumni and understand the career opportunities in UK's senior military service.

Headteacher: Mr J Mitchell

Brinkley Lane, Colchester, Essex CO4 9PU

Tel: 01206 842211 Email: admin@gilberd.com Website: www.gilberd.com

Alpha Trust

Registered in England and Wales Company No 07755713

Registered office: Norman Way, Colchester, Essex CO3 3US



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We hope your child finds the day both useful and informative. Should you have any questions or concerns please do not hesitate to get in contact via cwg@gilberd.com.

Yours faithfully

Mrs C Wright
Subject Leader for Personal Development

Mr R Samjawon
Assistant Headteacher (CEIAG)

Headteacher: Mr J Mitchell

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