

# The Gilbert School

Part of the Alpha Trust



CWG/RSA/wwh  
November 2025

Dear Parent/Carer

## Re: Year 9 RSHE and CEIAG Drop Down Day – Thursday, 27<sup>th</sup> November 2025

As part of the school's Personal, Social and Health Education programme, we will be delivering a Relationships, Sex and Health Education (RSHE) and Careers Information Advice and Guidance (CEIAG) drop down day for the whole of Year 9 on Thursday, 27<sup>th</sup> November.

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. RSHE enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective RSHE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

In addition to the above, we 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.

As part of your child's CEIAG journey, students have the opportunity to engage in meaningful encounters and hear from One Sixth Form and The Gilbert School's CEIAG provision, to give our Year 9 students an insight into a future beyond The Gilbert School.

The topics to be taught on this RSHE day are:

- Consent and healthy relationships, delivered by Next Chapter.
- Break the Vape, delivered by the Children's Society.
- 'Biteback'- healthy eating, delivered by Gilbert staff.
- Conflict management and de-escalation, delivered by Gilbert staff.
- One Sixth Form College – Understand the routes to Further Education and the available courses.
- CEIAG – Understand the available career resources and completion of the Future Skills Questionnaire.

For information, the school's Relationships, Sex and Health Education Policy can be found by clicking the link [here](#). Our new Careers Newsletter, which is an online resource, tailored for our school launched this year. Using Padlet allows the tool to be very interactive and mobile friendly. The information includes a wide range of local and wider career related opportunities and guidance. For example, Post-16 information, Apprenticeships, SEND Options and more. This information is regularly updated and we encourage our school community to regularly check the page. Please click [here](#).

Headteacher: Mr J Mitchell  
Brinkley Lane, Colchester, Essex CO4 9PU  
Tel: 01206 842211 Email: [admin@gilberd.com](mailto:admin@gilberd.com) Website: [www.gilberd.com](http://www.gilberd.com)

Alpha Trust

Registered in England and Wales Company No 07755713

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



# The Gilbert School

Part of the Alpha Trust



I hope your child finds the day both useful and informative. Should you have any questions or concerns please do not hesitate to get in touch [cwg@gilberd.com](mailto:cwg@gilberd.com).

We believe that high quality RSHE ensures children and young people are equipped with the knowledge, understanding, skills and confidence to cope with the many pressures and challenges of modern society. Learning about friendships and family in RSHE gives children the building blocks to help them understand themselves and others.

Yours faithfully

Mrs C Wright  
Subject Leader for Personal Development

Mr R Samjawon  
Assistant Headteacher (CEIAG)

Headteacher: Mr J Mitchell

Brinkley Lane, Colchester, Essex CO4 9PU

Tel: 01206 842211 Email: [admin@gilberd.com](mailto:admin@gilberd.com) Website: [www.gilberd.com](http://www.gilberd.com)

Alpha Trust

Registered in England and Wales Company No 07755713

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

