

7 November 2025



OXTED SCHOOL

Bluehouse Lane, Oxted
Surrey RH8 0AB
☎ 01883 712425
✉ frontdesk@oxted.thpt.org.uk
🌐 www.oxtedschool.org
📱 @oxtedschool

Dear Parents and Carers

Personal Development Programme

We are thrilled to have launched a new Personal Development Programme at Oxted School this year. This initiative is designed to support our students in becoming safe, confident, and happy individuals, both during their time in education and beyond.

Our Personal Development curriculum covers three strands. These are:

- **Careers** - in which students learn key skills relevant to future careers and how they can apply for jobs and work experience
- **Metacognition** - in which students learn key skills for their learning and how to effectively prepare of learning and revision
- **RSHE** - in which students learn about relationships, safety and personal health

Our next Personal Development Day will take place on Monday 10 November 2025, and we are excited to see students from Years 7, 8, 9, and 11 taking part in a range of enriching activities.

Year 7 will be discussing a range of topics, including toxic friendships and mental health.

Year 8 will be taking part in workshops around consent and will hear the real-life story of Jeremy Indika who is a survivor of sexual abuse.

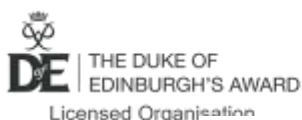
Year 9 and **Year 11** will also hear from Jeremy Indika and will discuss sexual health (no graphic images are involved). Year 11 will take part in a further session to ensure they have the skills to protect themselves from exploitation.

I would like to reassure you that all resources have been carefully planned to be age-appropriate and to equip students with the skills and knowledge they need to keep themselves safe. These materials have been developed in line with national RSHE guidelines and are consistent with the resources used by other schools in our local area.

If you have any concerns about your child's wellbeing in relation to these topics, please contact your child's Year Team using the Contact Us form on the school website. If you would like more information about the resources that are being delivered to students, please contact Reception, who will pass your concerns onto me.

Your sincerely

Mrs N King
Strategic Lead for Student Development and Diversity



Principal Mr M M J Devenney, BA (Hons), MA, NPQH, NPQEL

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