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Headmistress: Mrs Rebecca Dougall BA MA

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Dear Parents

### **Year 11 Personal Development (PD)**

I hope that your daughter is settling into the examination period and is managing to combine this period of intense workload with some relaxation time. Shortly before Year 11 started study leave we sought to prepare them for the long post examination break, festivals and the post-16 future ahead. There were PD sessions on risk-taking and looking after themselves. They received advice on skincare in the sun, ensuring they think about their safety in situations where alcohol is present, and information about drugs and the associated risks.

We also gave them some information about sexual matters which may be of use into the future. As part of this, we offered them the opportunity to sign up for the Oxfordshire safety c-card scheme which, on presentation of the card at participating chemists, allows them access to free condoms. This is, of course, only available to students over the age of 16.

Any student who wishes to sign up for a safety c-card can visit the Health Centre where the process is confidential and they can do this at any time from the age of 16 until they leave school. Cards are valid until the age of 24. Further details can be found at the [Oxfordshire Sexual Health Service website](#).

As your daughter progresses into Sixth Form we will continue to revisit these themes as we prepare her for life beyond Sixth Form.

I look forward to welcoming your daughter back at the end of the term and hope the rest of the examination period progresses smoothly.

Yours faithfully

Mrs E Bedford  
Director of Students  
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