



COOMBESHEAD ACADEMY

'inspiring excellence'

14 September 2026

Life Skills Consultation Letter

Dear Parents and Carers,

As a part of your child's education at Coombeshead Academy, we promote personal wellbeing and development through a comprehensive Life Skills curriculum. Life Skills is the subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

As a school community, we are committed to working in partnership with parents. As part of our annual review cycle, we have now updated the RSHE policy and we invite responses from parents/ carers by **Friday 2nd October**.

Life Skills lessons in years 7- 13 will include teaching about: Healthy relationships, including friendships and intimate relationships; families; puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent amongst other topics. The curriculum also covers skills on how to live in the wider world, covering topics such as money management, careers, skills for the workplace, staying safe online and much more. The Life Skills curriculum is age appropriate and differentiated to meet the needs of all pupils.

Life Skills is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: <https://www.coombesheadacademy.org.uk/738/subject-information/subject/32/life-skills> for more details about our Life Skills curriculum and to read our RSHE policy. All Life Skills teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

If you would like to find out more, raise any questions or concerns, please contact Anna Salmons (Curriculum Team Leader for Life Skills) on anna.salmons@coombesheadacademy.org.uk

Yours sincerely,

Anna Salmons

Curriculum Team Leader of Life Skills

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