

19th June 2026

Dear Parents and Carers,

Summer 2 Week 3

We have reached the third week of our final half term. With the GCSE examination season now drawing to a close, it has been lovely to see school settle back into its full routine, and to see our pupils continuing to reflect on the year and finish it with pride and purpose.

Sports News



Congratulations to our Year 9 rugby team, who produced a superb performance to beat St John Fisher 26–8 and be crowned champions. This is a wonderful achievement, made all the more impressive by the fact that this is a newly formed team. Very well done to all of the players, and thank you to the staff who have coached and supported them so well.

PSHE Update – newsletter

We are pleased to share our latest PSHE Update newsletter with you, which accompanies this letter. PSHE sits at the heart of school life at Lowton, helping pupils to stay healthy and safe and to build the skills and confidence they need for life beyond school. The newsletter shares the results of our recent parent and pupil consultation, in which every parent who responded agreed that PSHE is an important part of their child's education, alongside a look at what each year group has been studying this term and how we support pupils' mental health and wellbeing. We do hope you find it both interesting and informative.

Squishy toys

We would also like to remind pupils that squishy toys should not be brought into school. While we know they are popular, they are a distraction to learning, and any that are seen in school will be confiscated. We would appreciate your support in reinforcing this message at home.

 **CARING, LEARNING
AND SUCCEEDING**

Uniform changes for September 2026

A reminder that there will be some changes to our school uniform from September. We would be grateful if families could take a moment to read the details before the summer break, particularly if you are planning to purchase uniform over the holidays. Full information about the changes can be found on the uniform page of our school website: [Uniform Changes for September 2026](#)

Keeping safe as the weather gets warmer

As the weather improves and we move towards the summer holidays, we would like to remind our students about the importance of staying safe outdoors, and around water in particular. Open water can be extremely dangerous, even on a warm day. We hope that the articles and information linked here will help you and your children to stay safe, know how to enjoy [outdoor swimming safely](#) and responsibly, and how to [float to live](#) in case anything goes wrong.

Thank you, as always, for your continued support of our school.

Yours faithfully,

Jane Galbraith

Headteacher

PSHE UPDATE



SUMMER 2026

LIFE AT LOWTON



At Lowton, PSHE is at the heart of everything we do. It is where pupils develop the knowledge, skills, and confidence they need to stay healthy, keep safe, and thrive both in school and in life beyond it.

Through our PSHE programme, pupils build real-world skills: how to communicate, work together, bounce back from setbacks, and look after their own wellbeing. It supports their growth not just academically, but as thoughtful, resilient young people ready for whatever comes next.

This update is an opportunity to see what your child has been exploring in PSHE this term, find out what is coming up, and discover how you can continue those conversations and access support at home.



Your Voice Matters

PSHE by Numbers

Our latest parent consultation tells a strong story:

100% of parents agree PSHE is an important part of their child's education

98% know that Relationships, Sex and Health Education (RSHE) is a compulsory subject

96% of parents feel well-informed about what their child is taught

96% of parents identified mental health and wellbeing as a curriculum priority – closely followed by online safety, healthy relationships, and financial education.

This tells us that our school community understands and values what PSHE offers.

Thank you to everyone who took the time to share their views.

What Parents Think of PSHE at Lowton

This summer, we asked parents and carers to share their views on our PSHE and RSHE curriculum.

All respondents agreed that PSHE is an important part of their child's education, and every single one agreed with the topics we cover.

Parents told us they feel well-informed and valued as partners in their child's learning. One parent stated their child "quite happily asks us questions at home if they are interested in or unsure of anything."

That open conversation between school and home is exactly what great PSHE looks like.

Please find more information about our recent parent and pupil voice below.

Pupils told us that PSHE helps them to...

understand how to recognise unhealthy relationships, stay safe online, and know where to go if they need help or support.

Our pupils showed strong awareness of the safeguarding messages woven throughout the curriculum.

and many felt more confident in managing their relationships and personal safety as a result of what they have learned.

We are proud that our young people are engaging so positively with topics that genuinely matter for their lives beyond school.

Summer Subjects



PSHE UPDATE



SUMMER 2026

IN THE SUMMER TERM, PUPILS HAVE BEEN STUDYING:



YEAR 7

Democracy and Government. How parliament works, voting, elections, and the role of citizens.
Building Relationships. Self-worth, healthy and unhealthy relationships, consent, and media stereotypes.



Emotional Wellbeing. Mental health, body image, managing emotions, and healthy vs. unhealthy coping strategies.

Discrimination. Racism, sexism, homophobia, transphobia, religious discrimination, and how to recognise and challenge them.

YEAR 8



YEAR 9

Healthy Lifestyle. Diet, exercise, sleep, body image. Balancing work and leisure.

Intimate Relationships. Consent, contraception, sexual health and online safety.



PSHE at Lowton: Our Commitment

At Lowton Church of England High School, PSHE is central to who we are and what we stand for. Rooted in our Christian values of **caring, learning and succeeding**, and guided by our belief that every young person can let their light shine, our PSHE programme is designed to ensure that every pupil leaves Lowton not only with strong academic foundations, but with the knowledge, skills and confidence to live well, relate well and contribute meaningfully to the world around them.



If you have any questions or feedback about PSHE or the RSHE curriculum, please do get in touch.

Spotlight On... Mental Health

WELLBEING & MENTAL HEALTH (IN SCHOOL)



Looking After Your Mental Health and Wellbeing

We want you to feel good, not just about your schoolwork, but about yourself and your life. That is why we make sure that looking after your mental health and wellbeing is part of everything we do.



What does this
LOOK LIKE?

Through your PSHE lessons, form time, assemblies and enrichment days, we help you:

Talk about how you feel We give you the space and the tools to express your emotions in a safe and supported way, without judgement.

Build your resilience Life can be tough sometimes, and that is okay. We help you develop the strength and confidence to bounce back when things feel difficult.

Handle stress and pressure Whether it is exams, friendships or things going on at home, we teach you practical strategies to help you cope when things feel overwhelming.

You Are Not Alone Everyone struggles sometimes. At Lowton, there is always someone you can talk to. You do not have to face anything on your own. Please speak to your form teacher or Head of Year if you need us.